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VOLUME 20, NUMBER 26

WEDNESDAY, APRIL 3, 1996

FIFTY CENTS

Decision delayed Environmental regulations holding up port proposal

By Bob Slate
Staff writer

Officials of the Tri-City Regional Port are putting the finishing touches on an incentive package designed to attract a \$100 million soybean processing facility to the local port.

But Missouri's environmental regulation agency may stand in the way of the project, which would create more than 225 new jobs here.

ConAgra, based in Omaha, Neb., is considering two local sites as well as two sites in Kentucky and one in Indiana for the facility. Company officials at first said a decision on the location would be made by April 1, but Port District General Manager Bob Wydra said Monday that the decision could come as late as a week from today.

ConAgra officials have been meeting with Wydra and other port representatives for the past month, discussing the company's needs. Port officials have put together an incentive package — reportedly in excess of \$52 million over the next 30 years — in an effort to convince ConAgra to build the new facility here.

Because the port is bidding competitively with other locations, Wydra has declined to discuss specifics



Wydra

of the incentive proposal.

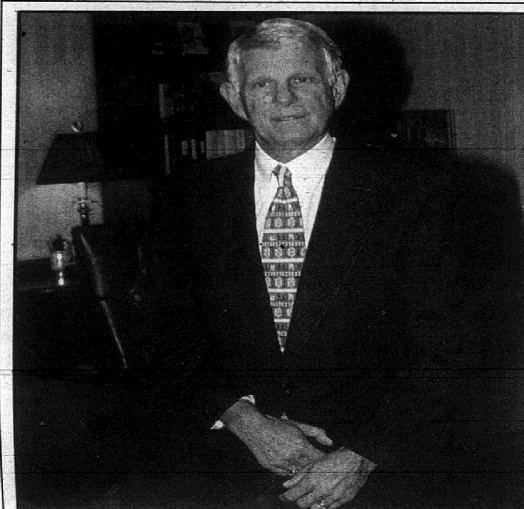
He did say that the port is working on obtaining low interest loans and outright grants that would considerably reduce the company's costs. He also said that the port is coordinating an effort to obtain environmental offsets from companies in the St. Louis region that have air permits but are currently not utilizing their total permitted allotment of emissions.

The environmental issue may be a sticking point in negotiations. While the Illinois Environmental Protection Agency is expected to allow ConAgra to obtain environmental offsets — emissions that are permitted but unused — from other businesses in the region, the Missouri Department of Natural Resources may be less inclined to allow offset trading, Wydra said.

The U.S. EPA recently published a notice disapproving Missouri's plan to meet the requirements of the Clean Air Act of 1990. Because the Metro East is considered by U.S. EPA to be a part of the St. Louis region, the disapproval could adversely impact federal highway projects as well as business expansion here.

Port officials have been in contact with a number of businesses on both sides of the river in an attempt to obtain environmental credits. While several companies have been receptive to the port's offers, Wydra said the Missouri Department of Natural

(See PORT, Page 4A)



Wayne Lanter in his office in Madison.

Attitude is key for Lanter

By Scott Cousins
Staff writer

Being at the right place at the right time, plus having the right attitude, has always worked for Wayne Lanter.

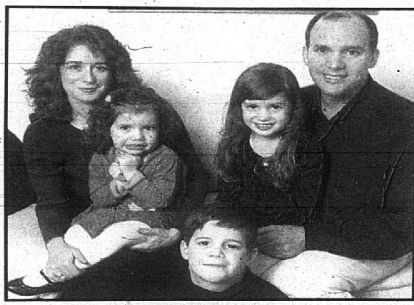
Profile

From his start as a milkman in the early 1950s, Lanter, 62, of Belleville, has built his company into one of a half-dozen "national players" in the specialty trucking, warehouse and distribution business.

The company now does warehousing and distribution for special goods like meat, candy, film, and medical supplies — "things that require extra handling and tender loving care," he said. In recognition for his success, Lanter will receive the 1996 Excellence in Enterprise Award at the McKendree College Free Enterprise Lecture Series Luncheon. The luncheon will be at the Missouri Athletic Club on April 26.

Today Lanter Co. has (See LANTER, Page 4A)

Workshops offer parenting skills



The Bronstein family: Left to right are Einat, Erin, 2, Ron, 7, Healey, 5 and Jerry.

By Barbara Ponder
Staff writer

It's the most important position we hold in life, but there is no training or instruction book for it. When it comes to parenting, most people just wing it.

"Parenting is a very humbling and challenging experience," said Jerry Bronstein, a social worker. "Parents are not usually lacking in love and commitment — just in skills."

April is Parents Enrichment Month, a time to learn or sharpen one's parenting skills to enhance family life. Toward that end, parents are encouraged to attend Partners in Parenting, a series of free, video-based workshops presented by Jerry and Einat Bronstein.

Partners in Parenting will (See PARENTING, Page 2A)

Supreme Court suspends license of local attorney

By Bob Slate
Staff writer

The law license of a Granite City attorney who formerly worked in the Madison County Public Defender's office has been suspended for two years.

The Illinois Supreme Court has suspended the law license of Charles I. Weitzman, an Edwardsville resident, following an investigation by the Illinois Attorney Registration and Disciplinary Commission.

The ARDC investigates allegations of inappropriate conduct by Illinois attorneys and recommends disciplinary actions when appropriate.

But any disciplinary action must ultimately be initiated by the state Supreme Court.

The hearing board of the ARDC recommended the two-year suspension of Weitzman's license in December 1994.

Weitzman's license was suspended for allegedly neglecting three workers' compensation claims for two clients and misrepresenting the status of one of those claims after it had been dismissed.

(Weitzman's) misconduct constitutes a

gross pattern of repeated neglect which extended from 1987 ... through 1992," the hearing board found.

The initial three-count complaint against Weitzman was filed in November 1993 and alleges that he allowed workers' comp claims to expire and that he told a client her case was still pending almost a year after it had actually been dismissed.

In each of the three workers' compensation claims, (Weitzman) failed to act, neglected to reinstate the claim and then misrepresented the status of the claim to the client," the board ruled.

According to ARDC documents, Weitzman was retained by Christina Adams Champion in July 1986 to represent her in a workers' compensation claim before the Illinois Industrial Commission, but the matter was dismissed in May 1987 because Weitzman failed to file an appearance.

The workers' comp claim had been filed as a result of injuries Champion had sustained while lifting a patient at the Edwardsville Care Center.

Weitzman did not take any action to reinstate (See LAWYER, Page 4A)

In the Journal

Index

Sports.....1B	Entertainment.....7B
Business.....4B	Calendar.....10B
School news.....5B	Senior news.....10B
Organizations.....6B	Classifieds.....1D

5 FULLER'S FORECAST

John Fuller, Chief Meteorologist, KSDK-TV Channel 5

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
66 43	66 40	69 42	59 47

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Venice dentist faces sexual abuse charge

By Scott Cousins
Staff writer

Illinois State Police are looking for more victims of a Venice dentist arrested Friday after being charged with the sexual abuse of a 14-year-old patient.

On Friday Jethro Black Jr., 39, of Alton, was charged with one count of aggravated criminal sexual abuse. He was arrested at the Venice Dental Group, 601 Broadway, Venice, and released from the Madison County jail after posting \$7,500 bond.

The charge was the result of an on-going investigation by the state police Department of Criminal Investigation and the Illinois Department of Children and Family Services.

The investigation began after the family of the alleged 14-year-old female victim reported that Black had touched her "in a sexual manner" during

The investigation began after the family a 14-year-old female alleged that Black had touched her "in a sexual manner" during an office visit.

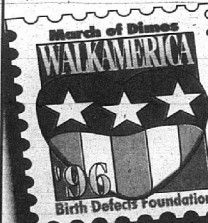
an office visit on March 11.

According to Venice police, there have been other complaints against Black in the past but there was never enough evidence to take action. Copies of those reports were being forwarded to the state police.

Anyone with information is asked to contact the Illinois State Police at 346-3718.

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Bar fight, stabbing under investigation

Three Granite City men arrested over the weekend in connection with a large fight near a tavern were released Monday without being charged.

Assistant Chief Kip Pomeroy of the Granite City police department said the matter is under investigation and charges may be filed later this week.

The three men, ages 26, 24 and 19, are all from Granite City. According to a police report, the three were part of a crowd of eight to 12 individuals who attacked two Granite City men outside of Eddie's Tavern, 2800 Nameoki Road, at about 2:45 a.m. Sunday.

Witnesses told police the victims and the three suspects were all kicked out of the tavern for creating a disturbance. The victims were attacked in an alley outside the tavern and beaten about their heads, faces and chests with fists, feet and bottles.

The three suspects were arrested and held over the weekend, but released Monday when the investigation did not turn up enough evidence to warrant a charge at that time, Pomeroy said.

"We just ran out of time," he said.

GRANITE CITY Police also

are investigating an incident that occurred in the downtown area over the weekend where a Missouri man was allegedly stabbed.

The victim, a 29-year-old resident of Tiff, Mo., and the suspect, a 27-year-old Granite City man, allegedly fought over \$30 debt, witnesses told police.

The men fought outside of 2223 Grand Ave., according to a police report.

Witnesses said the suspect stabbed the victim twice in the shoulder.

Both men were intoxicated at the time, the report states.

FIRE OFFICIALS are investigating a suspicious house fire that occurred in West Granite over the weekend.

According to a police report, the fire at a home at 2435 Illinois Ave. was set at two places at about 4:20 a.m. Saturday.

Witnesses told police the owner, David W. Eaker, 35, of the 3300 block of Wilshire Drive, and a former tenant had argued at the Illinois Avenue residence less than six hours before the fire was reported.

Eaker said he and two friends had worked on the house until about 12:40 a.m. Saturday, then secured the house and left.



Mission

accomplished

Above, Robert Maxwell the chairman of the Tri-Cities Area United Way 1995 campaign, salutes participants for exceeding the goal of \$1,050,000. The total amount raised was \$1,104,000. At top right, Ray Morgan of the United Way Allocations Committee explains to participants in the 1995 campaign how the funds they raise are divided and allocated to the funded agencies. At right, John Fruit, left, the president of the Tri-Cities Area United Way Executive Committee, receives a plaque recognizing his service from campaign chairman Bob Maxwell.



(Staff photos by JOHN FRESE)

Park district seeks volunteers

The Granite City Park District will conduct an informational meeting Tuesday, April 9, for individuals interested in volunteering in park programs. The meeting will begin at 7 p.m. at the Brown Recreation Center, located at the intersection of Amos and Franklin avenues.

"As our parks continue to flourish and expand, volunteers are needed," said Park Direc-

tor Dave Polivick. "Opportunities are available to meet every interest."

Volunteer opportunities are available for individuals or groups, in ongoing programs or special events, he said, and the park district will match the volunteer with his or her area of interest or expertise.

"Our volunteer opportunities are as diverse as the community we serve," Polivick said.

•Parenting

(Continued from Page 1A) mornings beginning April 13 in cooperation with 24 area school districts. The workshops will be from 10:30 a.m. to 12:30 p.m. at the school district facilities.

Parents may attend as many of the workshops as they want. No reservations are required, but registration is requested for planning purposes.

Jerry Bronstein has a bachelor's degree in education and master's degrees in social work and counseling. Elnat Bronstein, a practicing psychotherapist, has a law degree and a master's degree in social work.

The Bronsteins, who live in northwest St. Louis County, have three children, ages 7, 5 and 2.

"The whole idea is to offer a program to parents at no cost to the school district or parents," Jerry Bronstein

said. Video programs developed by Michael H. Popkin, a nationally recognized expert in parenting, are used in the workshops and show families in real-life situations. Situations are analyzed and solutions are presented.

More than a million parents nationwide have used these video programs. School districts will provide trained workshop leaders as facilitators. The workshops cover parenting from toddlers to teenagers.

Topics for the five workshops are: "Helping Your Child Succeed in School," "Becoming the Best Parent You Can Be," "Raising Responsible, Self-Confident, Cooperative Kids," "Facing the 'Turbulent Teen Years'" and "Thriving Throughout the Teen Years."

Jerry Bronstein said any parent would benefit from the workshops.

"These are specific, concrete skills that can be learned to enrich the quality of family life for all members," he said.

Elnat Bronstein said childhood affects everyone in some way.

"Once people understand the profound impact they make on their children, they would do anything to make sure the footprints they leave are good ones," she said.

Although it is important for children to understand actions have consequences, Jerry Bronstein stressed a consequence is not a punishment, such as spanking or grounding. He said discipline is about setting limits.

"It is directly related to the action," Jerry Bronstein said. "It avoids the power struggle."

A logical consequence of a child's refusal to pick up toys is to put the toys away for a period of time so the child cannot play with them.

Choice is an important tool available to parents. When a child refuses to wear a particular shirt, the parent could offer the child a choice of two shirts. This gives the child some freedom, and allows both the parent and child to avoid needless conflict.

The Bronsteins consulted with many experts while developing Partners in Parenting. At one end of the spectrum is Popkin and at the other end, the couple's 7-year-old son, Ron.

Ron had one message to send to parents: "Your children are counting on you."

Partners in Parenting is sponsored by KSDK (Channel 5), radio station KYKY-FM 96.1, the Suburban Journals, Cardinal Glennon Children's Hospital and Roosevelt Bank. For more information on the workshops or to register, call 534-5504.

Volunteer Information Form

The Granite City Park District is attempting to bolster participation in its volunteer program. If you are interested in becoming a volunteer and providing their talents and skills is encouraged to fill out this form and return it to: Volunteer Coordinator, Granite City Park District, 2900 Benton Avenue, Granite City IL 62040.

Name _____ Date of birth _____

Address _____ Telephone number(s) _____

Areas of interest or skills _____

_____ children's programs _____ educational programs

_____ office assistant _____ flowers and landscaping

_____ sports (please specify) _____

_____ special events _____ nature and environmental education

_____ senior program _____ historical interpretation

_____ special needs program _____ marketing sponsorships

_____ art skills _____ other (please specify) _____

Fish fry slated

The AMVETS Post 204 in Madison will hold a fish fry from 11 a.m. to 7 p.m. Good Friday, April 5, at 1711 Kennedy Drive in Madison.

The menu includes fish, spaghetti, slaw and dessert for \$5. Sandwiches are \$3. Beverages and carry-outs will be available.

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Newsome starts new job as Venice chief

By Scott Cousins
Staff writer

New Venice Police Chief James E. Newsome started the day Monday by stopping a few illegal drinkers.

He gave them a warning, but said next time they would be arrested.

On Monday Newsome—who recently retired after 23 years with the Madison County Sheriff's Department, ending his career as a captain in charge of the county jail—started his new job.

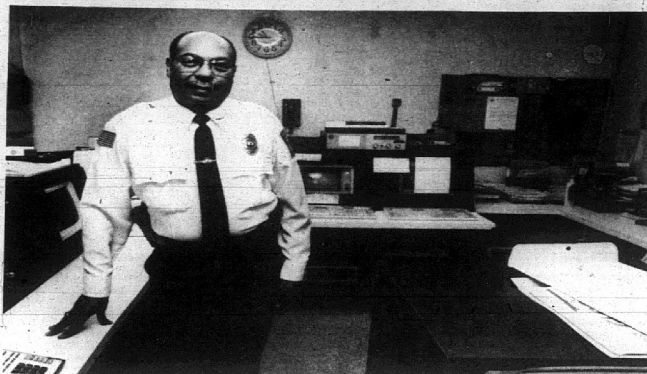
"It's always been my first love," he said of police work. "I enjoy helping people."

Newsome was sworn in at the last city council meeting, but didn't officially take over until April 1. He replaces James Bennett, who retired after 25 years with the department.

Aside from a few traffic stops, Newsome spent most of the day cleaning out his new office and going over paperwork.

"I'm looking at past practices and policies, and probably some different implementations," he said. "Most of the policies seem like they are viable if they are followed."

"Just because we're a small department doesn't mean we



Chief James E. Newsome at the Venice Police Department.

can't be an efficient department," he said. Newsome said he plans no

major shake-ups. "Right now I've just been reviewing present policies and

procedures that the department has," he said Monday afternoon. "My main consid-

eration is manpower shortage. That was a problem Chief Bennett had also."

The department has seven sworn officers and two dispatchers. Although short on both, the lack of dispatchers has caused more immediate problems.

"When you are short dispatchers you have to take an officer off the street," he said.

"Next week I plan to call a full meeting of the department to discuss my views and get their ideas on what we can do to make it a better safer place for the citizens in the community," he said.

Newsome promised there would be an emphasis on police patrols and strict enforcement of state and local laws.

He said the city's biggest law enforcement problem is drugs, and he hopes to force the dealers off the street and out of town.

"If they stop a car they better be getting a ride out of Venice, because we'll give them a ride to the Madison County jail," he said. "My main concern is to get the streets back to where they are safe and sound, where everybody can walk down the streets on Tuesday and think it's Sunday afternoon."

Recycle sports gear for kids

That old baseball glove gathering dust in the basement could have renewed life through a program called "Sports Replay."

If it's been years, or even decades since that old baseball bat in the garage has hammered out a base hit, it's time to put it to good use again. You can donate your discarded athletic gear to youth-leaguers who have baseball dreams but not enough equipment to make them come true.

The Suburban Journals are teaming up with The St. Louis Cardinals, Alliance Blue Cross/Blue Shield and Shop 'n Save stores to help collect used sporting equipment. Those old bats, balls and gloves will be put to good use. Items received through the equipment drive will be donated to The Salvation Army, Mathews-Dickey Boys Club and Catholic Charities.

"I'm honored to be a part of Sports Replay," said Alan Benes, Cardinals pitcher and honorary spokesman for the equipment drive. "Without the chance to participate in sports as a child I could have never made it to the big leagues."

"Give local kids the same chances you and I had by giving your new or used sporting equipment to Sports Replay," Benes said.

Throughout the month of April, Sports Replay barrels will be located at all Shop 'n Save stores. In addition, barrels will surround Busch Stadium on April 17 when the Cardinals play the Pittsburgh Pirates.

The Sports Replay barrels will hold a lot of equipment. Not only do youth-league teams require bats, balls and gloves to take the field, the teams also need catchers gear, bases and batting helmets.

Take a few minutes to scrounge around the basement or search the garage for any baseball equipment that isn't being used but has plenty of life left in it.

Watch for the Sports Replay barrels at Shop 'n Save stores or find one before the Cardinals game on April 17.

'Teleparty' coming

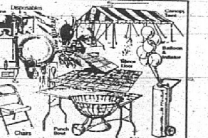
On April 1 residents of Madison County will once again be calling on friends and co-workers for the 1996 Teleparty Campaign for the American Heart Association.

The Teleparty is being chaired by Sister Mary Thomas and phone calls will be conducted from St. Elizabeth's Medical Center in Granite City.

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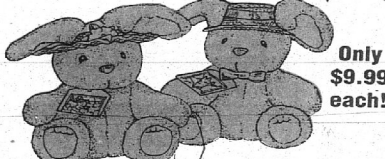
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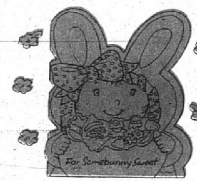
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Swansea Schnucks Swansea Plaza 236-7467
Granite City Crossroads Plaza 451-1767

LOCAL NEWS

•Lawyer

(Continued from Page 1A)
the case and did not tell Champion that the case was dismissed, according to ARDC pleadings.

In fact, according to the document, Weitzman told Champion in a letter dated April 8, 1988 — 11 months after the matter had been dismissed — that she had a hearing in 10 days. When Champion showed up for the hearing at the Industrial Commission site April 18, 1988, according to the complaint, Weitzman told her the matter had been continued due to a problem with the file.

Weitzman "thereafter assured her on a number of occasions that she would have compensation soon," according to the complaints.

Champion retained another

attorney in November 1988, but her claim could not be reinstated.

Weitzman testified before the hearing board that he had received no notice about the case and that notice of the dismissal was sent to another lawyer who had failed to withdraw from the case.

Champion later received a \$100 settlement from Weitzman after suing him.

Counts II and III of the complaint stem from Weitzman's alleged mishandling of two workers' compensation claims by Larry Galbraith Jr., an employee of Rent-a-Center.

One claim involved injuries Galbraith sustained while carrying a television set. Weitzman filed his appearance as Galbraith's counsel on May 5,

1988, but the case was dismissed for lack of prosecution in February 1991. The claim was reinstated in April 1991 at Weitzman's request.

But in July 1991, Weitzman told Galbraith he intended to withdraw from the case. When Galbraith's new lawyer requested records from Weitzman, Weitzman sent a letter which failed to advise the new attorney of the case's status, according to the complaint.

Weitzman had not withdrawn as counsel for Galbraith when the case was dismissed a second time for lack of prosecution in January 1992. A new attorney filed an appearance in the matter July 14, 1992, only to find that the claim could not be reinstated.

Count III alleged that Weitzman agreed to represent Galbraith in another claim stemming from an injury sustained when a customer attacked Galbraith. Weitzman entered his appearance in April 1988 and requested continuances four times in 1988 and 1991 before telling Galbraith by letter dated July 11, 1991 that he would withdraw from the case.

•Port

(Continued from Page 1A)

Resources may mix the plan.

"We're trying to determine the offsets available and it's proving to be difficult," Wydra said. "We've pretty much run out of offsets" on the Illinois side and the DNR isn't being real forthcoming letting us know what's available.

American National Can Co. of Pevely, Mo.; Hussman Corp. of Bridgeton, Mo.; and Monsanto are among the Missouri companies that have indicated they may be willing to provide environmental credits for the project.

Wydra said port representatives are working with the St. Louis Regional Commerce and Growth Association in an attempt to get information from DNR.

The utilization of Enterprise Zones and tax increment financing have also been explored in an attempt to lure ConAgra, Wydra said.

According to figures from ConAgra, the new plant would consist of a \$53 million building and equipment worth about \$65 million. A proposed nearby bottling facility would cost about \$20 million and create another 200 jobs or more.

Sixty-one salaried employees are anticipated at the processing facility, with salaries ranging from \$30,000 for a clerk to \$60,000 for each of three managers.

Another 165 hourly employees would be required to operate the facility, each starting out at about \$15 per hour.

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Why do you like Granite City?

The Granite City Press-Record/Journal will be publishing a special Centennial issue this year commemorating the city's 100th birthday.

In that issue, we plan to feature many of the highlights of the city's past and look at some of its future goals.

We also plan to shine the spotlight on as many of the city's residents as possible. That's why we're asking readers to submit essays to us with the theme, "Why I like Granite City." Essays should be typed or legibly hand-written and include the author's name, address and telephone number.

Essays should be sent to: "I like GC," Granite City Press-Record/Journal, 1815 Delmar Ave., Granite City IL 62040. Essays should be received by April 12.

•Lanter

(Continued from Page 1A)

approximately 700 employees and operates in 14 states, mostly in the Midwest.

"When we started in Madison we had 12,000 square feet of space and 12 employees," he said.

Lanter said he started by delivering milk door-to-door from 1952 to 1964. In 1964 he purchased a larger truck and started distributing dairy products to local stores.

In 1970, being in the right place and the right time with the right experience allowed Lanter to expand his business.

"Swift & Co. had a packing company in St. Louis and were looking for a trucking company with experience in refrigeration," Lanter said. "I think we came into our niche in 1970."

He expanded operations into the Kansas City area in 1974 and started diversifying in 1979.

One of the first new areas was candy distribution.

He said because of problems with temperature control, many chocolate companies did

not even ship during summer.

Lanter said having the right attitude was also important.

"The customer is always right and we do whatever we need to do," he said.

In the past five years, Lanter said he had been "stepping back."

In 1980, his eldest son Steve started in the business, and is now chief operating officer for the company. His younger son Jeff joined the company in 1983, and is vice president of warehousing.

Lanter said a brother and nephew are also in the company in Kansas City.

He said the company will probably continue to expand because of the tremendous increase in out sourcing by companies.

"We're considered a national player, but not really on the West Coast," he said. "We don't go looking for anything outside of the Midwest unless it's for somebody who is already a customer of ours."

The company's future is in logistics — taking products from the manufacturer and handling warehousing and local distribution, he said.

Information on a few common

Easter Plants
by the experts at

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Where Beautiful Things Begin

When you think of Easter plants, your thoughts probably turn right away to the Easter Lily, and rightfully so. It's a real favorite this time of year. But the selection of plants doesn't stop with the Easter Lily, not by a long shot. With so many to select from, we thought it would be a good idea to tell you a few facts about some of them.

EASTER LILY

This is a good one to begin with, since it's one of the more popular plants. It's a native of Japan and its center of origin is apparently Japan's three small southernmost islands. Although the white or trumpet lily was found under cultivation on the mainland of China and Formosa by early Western explorers, it is only native to the Liu-chui Islands and is unknown in the wild state elsewhere. This plant was introduced to England about 1819, and almost immediately became one of the most popular when it gained general acceptance as the Easter plant.

AFRICAN VIOLET

It's considered one of the most popular hobby plants in the country. The selection of cultivars has been greatly improved over the years. This plant was discovered in 1892 in East Africa. The first seed was imported into this country from England and Germany in 1927. An African violet pot plant consists of one or more plants per pot, equally distributed around the pot or centered in the pot. The quantity of plants per pot will vary, depending on the pot size. African violets have very short stems with leaves arranged in a rosette. The blades of the leaves vary from ovate-elliptic to round and are usually fuzzy.

AZALEA

Azaleas have been grown as flowering potted plants in American greenhouses for more than a century, and are becoming more popular

every year. The azalea is one of 43 species in the genus Rhododendron. Azaleas can also be classified by flower types. There are single, double, semi-double, etc., and different flower shapes and sizes in a wide array of color choices.

HYACINTH

These plants originated in the eastern Mediterranean, and were introduced into the Netherlands in the late 1500s. For the past 400 years they have been extensively hybridized. The name "hyacinth" is derived from ancient Greece. According to the myth, a flower grew from the blood of the Hyacinthos, who had been killed by Apollo.

HYDRANGEA

This native to China and Japan has been celebrated for centuries. The variety most commonly known is Hydrangea macrophylla. Hydrangeas belong to the Saxifragaceae family. They are perennials that require a dormant phase in their growing cycle. As a result, cropping time is longer than the average flowering potted plant. It takes 9 to 10 months from planting cuttings to the final flowering form.

There are still more, in fact, more than ever before this year at Frank's. Stop by soon and find the one that's perfect for you!

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John J. Boeren, M.D.

What's new in allergy treatment?

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Tuesday, April 9, 7 p.m.

St. Elizabeth's Hospital—Centennial Room.

Dr. John Boeren, a family physician and allergy instructor at St. Louis University, will discuss the treatments of asthma and hayfever. A question and answer session will follow the presentation.

Registration is required by calling 234-2120, ext. 1575.

For more information about St. Elizabeth's Hospital visit us online at <http://www.apci.net/~ste/> on the World Wide Web.

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Obituaries

Mae Brooks

Mae Brooks, 87, of Granite City died at 11:20 a.m. Monday, April 1, 1996, at Anna Henry Nursing Home in Edwardsville. She was born April 4, 1908.

Arrangements are pending with Thomas Memorial Mortuary, 2205 Pontoon Road in Granite City, 876-4321.

John Gadwell

John T. Gadwell, 86, of Granite City died at 11:55 a.m. Wednesday, March 27, 1996, at St. Elizabeth Medical Center, following a 10-day illness. He was born Aug. 17, 1909, in East St. Louis and had been a resident of Granite City since 1910.

A carpenter for 14 years prior to his retirement in 1975, he was a member of St. Elizabeth Catholic Church in Granite City and Carpenters' Local 633. He was an Army veteran.

Survivors include his wife, Lorene F. (Burner) Gadwell, whom he married Sept. 9, 1934, in Waterloo; three daughters, Barbara Buster of Granite City, and Connie Campbell and Beverly Page, both of Studio City, Calif.; two sisters, Helen Cholwick of Granite City and Barbara O'Master of California; three grandchildren; and one great-grandchild.

He was preceded in death by his parents, William F. and Mary (Decker) Gadwell.

Services were Saturday at St. Elizabeth Catholic Church in Granite City with the Rev. Robert DeGrand officiating. Burial was in Calvary Cemetery in Glen Carbon. Arrangements were handled by Werner Chapel.

for Funerals in Pontoon Beach. Memorials in the form of Masses are suggested.

June Lux

June (Graham) Lux, 71, of Granite City died at 10:45 p.m. Saturday, March 30, 1996, at Colonial Care Center in Granite City, following a four-year illness. She was born June 14, 1924, in Granite City, where she had been a lifelong resident.

Employed in the store-room office at General Steel for several years, she was a member of St. John United Church of Christ in Granite City, the Afternoon Guild, Thorough Garden Club and the Madison County Home-Makers Trio Unit for three years.

Survivors include her husband, Gerald Lux, whom she married Nov. 5, 1944, in Granite City; four sons, Jerry Lux of St. Charles, Mo., Jeff Lux of Madison, Mo., and Gregory Lux of Webster Groves, Mo.; four brothers, Clifford Graham of Ladue, Mo., Bill Graham of Aurora, Colo., and Jack Graham of Springfield, Mo.; one sister, Flossie Petrovich of Webster Groves; and five grandchildren.

She was preceded in death by her parents, John W. and Delpha (Bacon) Graham, and two sisters, Betty Scrum, who died May 2, 1990, and Buena Rea Graham.

Services were Tuesday at St. John United Church of Christ in Granite City with the Rev. Allen Reiter officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon. Arrangements were handled by Irwin Chapel in Granite City.

Memorials are requested for St. John United Church of

Christ.

Mary Rigney

Mary L. (Clark) Rigney, 86, of Swansea died Saturday, March 30, 1996, at Memorial Hospital in Belleville.

A tavern owner prior to her retirement, she was a member of St. Albert the Great Church of Fairview Heights, the Blessed Sacrament Quilting Club, Fraternal Order of the Moose and the American Association of Retired Persons.

Survivors include one son, Robert Niederberger of Modesto, Calif.; three daughters, Doris Smithson of Belleville, Dolores Turner of Granite City, and Glenna Howell of Fairview Heights; two stepdaughters, Janice Cook of Belleville and Janet Shofner of California; one brother, Edward Clark of Elmore, Ohio; one sister, Teresa Skidmore of Belleville; and nine grandchildren, great-grandchildren and great-great-grandchildren.

She was preceded in death by her first husband, John Niederberger; her second husband, Herbert Rigney; one stepdaughter, Delores Mezzy; her parents, John Patrick Clark and Mary (Walker) Clark; three brothers, William, Patrick and Robert Clark; and two sisters, Grace and Katherine Clark.

Services were Tuesday at St. Albert the Great Church in Fairview Heights with the Rev. James Long officiating. Burial was in Mount Carmel Cemetery in Belleville. Arrangements were handled by Kurus Funeral Home in Belleville.

Memorials are requested for St. Albert the Great Church or the Hospice of the Belleville Area.

Lois Jones

Lois K. (Klinney) Jones, 81, of Maryville, formerly of Granite City, died at 6:23 a.m. Sunday, March 31, 1996, at Anderson

Hospital in Maryville. She was born Aug. 8, 1914, in Robinson, Ill., and had been a resident of Maryville for more than one year.

A homemaker, she was a member of Trinity United Methodist Church in Granite City and a former member of the Democratic Madison County Women. She served as a balliff at the Granite City City Hall.

Survivors include two sons, Billy E. Jones of Edwardsville and Fred P. Jones of Granite City; three daughters, Kathryn "Kitty" Voss and Lois Meyenburg, both of Granite City, and Margaret Will of Glen Carbon; one sister, Lena Orr of Arma, Kan.; nine grandchildren; and nine great-grandchildren.

She was preceded in death by her husband, Paul E. Jones, who died in 1987; her parents, Orville T. and Kathryn (Stewart) Kinney; two brothers, Donn and Lynn Kinney; one sister, Dorothy Skipper; and one grandson.

Services were Tuesday at Irwin Chapel in Granite City with the Rev. Roy Boyer officiating. Burial was in Valley View Cemetery in Edwardsville.

Memorials are requested for Trinity United Methodist Church.

Lillian Sharkus

Lillian (Opich) Sharkus, 65, of Plano, Texas, formerly of Rolla, Mo., died Sunday, March 31, 1996, at Columbia Medical Center in Plano. She was born July 27, 1930, in Madison.

A homemaker, she was a member of the Croatian Fraternal Union of America and of the Catholic faith.

Survivors include three sons, Charles J. Sharkus Jr. of Dallas and Robert E. and John W.

Sharkus, both of Plano; three daughters, Rose M. Edwards of Plano, Carolyn Roberts of Salisbury, N.C., and Frances Hayes of Saudi Arabia; two brothers, Carl Opich of St. Louis and Mike Opich of Jennings, Mo.; one sister, Sylvia Opich of Madison; and six grandchildren.

She was preceded in death by her husband, Charles J. Sharkus Sr., whom she married Aug. 20, 1954, in Tupelo, Miss.; her parents, Mike and Mary (Kolliak) Opich; two brothers, Richard and Ernest Opich; and three sisters, Wilma, Mary and Amelia Opich.

Graveside services and burial were Tuesday in Ridgeview Memorial Park by the Rev. Carl Vogel.

Arrangements were handled by Turrentine-Jackson-Morrow Funeral Home in McKinney, Texas.

Vera LeMaster

Vera C. (Whitaker) LeMaster, 88, of Granite City died at 12:15 a.m. Tuesday, April 2, 1996, at Maryville Manor in Maryville.

She was preceded in death by her husband, Charles J. LeMaster, who died in 1985.

Survivors include three sons, Charles J. Sharkus Jr. of Dallas and Robert E. and John W.

following a four-year illness. She was born Dec. 20, 1907, in Iberia, Mo., and had been a resident of Granite City for 70 years.

A homemaker, she was a member of Church of Christ in Granite City, Granite Chapter 650 Order of the Eastern Star and the White Shrine of Jerusalem. She formerly served as a precinct committeeman.

Survivors include one daughter, Peggy A. Pryor of Granite City; five grandchildren; and seven great-grandchildren.

She was preceded in death by her husband, Rufus LeMaster, who died in 1979; two sons, Jerry and Eldon LeMaster; her parents, Ros and Lue (Shelton) Whitaker; three brothers, Art, Clem and Cleve Whitaker; and two sisters, Opal Miller and Eula Baugh.

Visitation is from 5 to 9 p.m. today, Wednesday, at Davis Funeral Home, 21st Street and Cleveland Boulevard in Granite City, 877-0120, where services are pending Thursday. Burial will be in Sunset Hill Memorial Estates in Glen Carbon.

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Southern Illinois University at Edwardsville will host a free career seminar presented by Thomas H. Byrd, author of the best selling book "A Story of Entrepreneurial Passion," on April 4 at 7:30 p.m. in the Meridian Hall of the University Center. The seminar, entitled, "Bang, You're Dead! No Resume, No Experience, No Job," will present various methods of achieving success in the job market.

Joe Graham, member of the Current Affairs Committee said, "In this presentation, job-seekers will be shown how to take control of their lives, and not to be controlled by their lives."

The seminar is open to the public. For more information, call the University Center Board at 692-3771.

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Hon. J. Lawrence Keshner, Associate Circuit Judge
Juvenile Court: "So Your Teenager is in Trouble?"
Hon. Michael J. Meenan, Associate Circuit Judge

APRIL 10: Bankruptcy and Debt Relief
Dennis J. Gies, Attorney at Law, Granite City, IL
Worker Compensation: Understanding Your Rights
Ron Mott, Attorney at Law, Granite City, IL

APRIL 17: Wills, Living Trusts & Estate Planning
Tom Burkart, Attorney at Law, Hannibal, IL
Substituted Decision Making for the Elderly: Surrogate Powers of Attorney, Living Wills, Etc.
William Sherwood, Attorney at Law, Hannibal, IL

APRIL 24: Family Law, Divorce, and Child Custody
Elizabeth Levine Levy, Attorney at Law, Edwardsville, IL
Victoria Vassilev, Attorney at Law, Bethalto, IL

These sessions have been planned to provide practical information in areas of the law that impact on us daily. All programs are 7 to 9 p.m., Belleville Area College, Granite City Campus, 4950 Mayville Road.
ENROLLMENT IS FREE. Public is welcome. To pre-register, call 931-0600.

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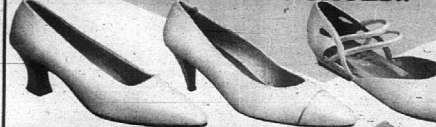
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Ronald Ebrecht will perform the organ works of Maurice Durufle at 3 p.m. April 14 at First Presbyterian Church, 22nd Street and Delmar Avenue in Granite City. This concert is to celebrate the restored and enlarged organ at the church, which

was damaged in a fire last year. An inaugural recital and reception will be presented. A 1971 graduate of Granite City High School, Ebrecht was trained at Southern Methodist University, Yale University and the Schola Cantorum and Sorbonne in Paris.

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(Staff photo by BOB SLATE)

Good sports — The Granite City police officers' union, American Federation of State, County and Municipal Employees Local 1347, recently donated \$100 to the Granite City Park District. The money is to subsidize athletic programs for children who would not otherwise be able to participate because of finances. Pictured from left are Detective Tom Paul, president of AFSCME Local 1347; Dave Polivick, park district director; and Detective Sgt. Jeff Parker, union treasurer.

First Baptist Church



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Honorary
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- Alan Benes, Honorary Spokesman, Sports Replay

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Support groups have been in existence for many years. They can become a vital and positive influence in the lives of both patients and those who care about them. By providing information about their disease and how to live with it, support group members can create a better working partnership between patient and physician.

Memorial believes that support groups provide an opportunity for patients, along with their families and friends to discuss uncertainties and learn to place them in perspective. Better than any other technique, talking in a support group with people who share common problems, helps them understand that they are not alone.

The following is information about Memorial-sponsored support groups. For more information about these groups, call the Community Relations Department at 257-5649.

DIABETES

A mutual support group comprised of people with diabetes, their families and people who have had their lives affected by diabetes. Meetings are held on the fourth Monday of every month from 9 to 11 a.m. in the hospital auditorium.

FIBROMYALGIA SYNDROME

This support group is for people with fibromyalgia syndrome (FMS) and their families. FMS is considered to be a widespread musculoskeletal pain and fatigue

disorder for which the cause is still unknown. Meetings are held on the third Tuesday of each month from 7 to 9 p.m. in the auditorium.

HOPE

Hospital Oncology Patient and Family Education was formed to assist cancer patients, former cancer patients and people who have their lives affected by cancer. The HOPE group meets the last Thursday of each month at 1 p.m. in the auditorium.

Support Groups

at
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LUPUS

This support group is affiliated with the Illinois and Missouri Chapters of the Lupus Foundation of America. Meetings are held offering information and insight for coping with lupus on the third Tuesday of each month (except June - September) at 7:30 p.m. in the hospital auditorium.

MENDED HEARTS, INC. - BELLEVILLE CHAPTER

Mended Hearts is a volunteer organization consisting of people who have heart disease, their families, medical professionals and other interested people. Additionally, Mended Hearts members form a support group for one another, contributing emotional backing to recovering patients and their families. For more information, call Memorial's Social Service Department at 257-5420.

NU-VOICE

Conducted in cooperation with the American Cancer Society, the

Nu-Voice Club is for laryngectomies - people who have had their voice boxes (larynxes) removed. Family members and friends are encouraged to attend. For more information about meeting dates and times, call the Speech Pathology Department at 257-5255.

PULMONARY REHABILITATION

A group for people with diseases of the lung and their families. Individuals with chronic lung disease and their families learn about the disease, as well as share ideas and solutions to their problems. Meetings are held on the last Wednesday of the month (except June - August) at 1:30 p.m. in the auditorium.

YOUNG ADULT CANCER

This mutual support group was formed for young adults with cancer and their significant others who are affected by the disease. Meetings are held on the fourth Tuesday of every month at 7 p.m. in the auditorium.

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Sports

STATE GAMES

Southern Region elite teams are now being formed for the Prairie State Games.

Page 3B

BASEBALL

The GCHS baseball parents will hold an all-day barbecue on Saturday, April 6.

Page 2B

April 3, 1996—Page 1B

Warriors pound Cahokia 9-0

By Rob Raphael
Staff writer

The Granite City Warrior tennis team took advantage of the rare nice weather on Monday afternoon, as they drubbed Cahokia 9-0 in the Warriors' varsity home opener.

The Warriors were 2-0 on the season going into Tuesday's Southwestern Conference opener at Belleville East. Although Granite City has lost only one match in their first two meets, coach Allen Lobdell knows the first true test of the season was to come on Tuesday.

"Against East, for us to do well, we'll have to play better than we have in our first two matches," Lobdell said. "We really haven't seen the type of competition yet that we'll see (Tuesday). We'll be tested then."

The match against East was to give the Warriors a chance to gain some respect, which a few of the players say they aren't getting from other conference teams. Lobdell said the team isn't looking at the match as a do or die situation, but merely as a chance to see where the team sits.

"Against some people on this team who don't want to just be known as the other guys who played with (No. 1 player) Joe Markel," Lobdell said. "So it's important for us, not just as a team, but for the individuals who want to get some respect."

The match against Cahokia was less than a strenuous tunic. The Comanches have lost two of their better players already this

season, and could not field the team that had been improving steadily over the last two seasons under Jim McKay.

Markel easily won his No. 1 singles match, defeating Steve Boyd 6-0, 6-0. Buddy Prazma had nearly as easy a time at No. 2, cruising past Eric Rieken 6-0, 6-1.

Chris Carpenter got by Cahokia's K.C. Hedtkamp 7-5, 4-4 at the No. 3 spot, and Tim Goskie defeated Frank Gloeckner 6-0, 7-5.

Aaron Bettorf defeated Tim Barbee 6-2, 6-2 at No. 5, and Robby Grady finished the singles sweep with a 6-0, 6-2 win over Tim Boren.

In the doubles matches, the Warriors also swept the Comanches. Bettorf and Grady disposed of Boyd and Rieken 6-0, 6-1; and the team of Steve Graham and Scott Jackson defeated Hedtkamp and Boren 6-3, 6-3. Finally, Mark Achenbach and Mike Hellrich put away Barbee and Gloeckner 7-6, 6-4.

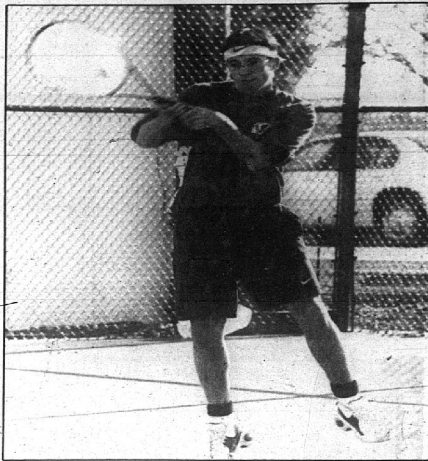
Lobdell said his players have to use the first match or two just to get their game legs back.

"Unlike some teams, my kids don't play all year round," he said. "When we come back we're fresh, but we're rusty. We want to win every match, but we have to work to try to improve each time out. Then by the time we get to the conference meet, and the regionals, we're hopefully playing pretty good tennis."

In the Warriors' varsity opener at Waterloo last Tuesday, Granite City once again swept the singles but did drop a doubles match.

'We have some people on this team who don't want to just be known as the other guys who played with (No. 1 player) Joe Markel.'

— Allen Lobdell
Granite City coach



(Photo by PAUL BAILLARGEON)

Buddy Prazma, above, had a somewhat easy time at No. 2, cruising past Eric Rieken 6-0, 6-1.

Don't paint that head!

Regardless if the Chicago Bulls win the National Basketball Association championship, they already have the award winner for wearing the most tattoos.

That's Dennis Rodman, a rebounder deluxe who can thrive in pro basketball but might have a problem, let's say, if he could turn the clock back, be young again and try to play another sport like high school baseball.

We already know Rodman's teammate Michael Jordan failed in a bid to play pro baseball, but Rodman might not get past first base or even out of the dugout according to today's high school baseball rules.

You see, among the topics of conversation at the recent Illinois High School baseball rules meeting at Belleville West was Rule 3-Section 3-Article 1g.

Its heading reads: "Team personnel are prohibited from wearing body paint or objectionable body markings."

In commenting on 3-1g, the National Federation of High School Associations which includes the IHSA, noted: "In certain instances players have been painting their faces (sometimes in school colors) or painting their school's mascot or slogans on their body. Tattoos have also gained popularity. The new rules prohibit all body paint (except products to reduce the sun's glare), that is visible on the body."

Tattoos that, in the umpire's judgement, are not objectionable are not prohibited. Markings, slogans, words, etc., that appear on the body, uniform or equipment and that are, in the judgement of the umpire, objectionable, are illegal. They must be removed or covered before the player may resume playing."

The way that reads, Rodman, or a youngster emulating him, might have to use a roll of tape before becoming a legal baseball player.

And, who is to judge what is or is not objectionable? To Rodman, beauty might be in the eyes of the beholder, and if an umpire, you might have a case of artistic appraisal rather than ejection.

EXTRA INNINGS: Two other baseball rules that I will note, but leave the reader to judge, are: 3-3-1f: Team personnel are prohibited from wearing bandanas. "The rules committee is concerned that bandanas present a safety risk for the wearer and to other players. Bandanas may also have negative social implications."

10-14: Umpires shall not use tobacco or tobacco-like products on or in the vicinity of the playing field. "Because umpires are considered role models, they are prohibited from using tobacco or tobacco-like products. An umpire who fails to comply with the rule should be reported to the appropriate state association."

No rule or comment was made regarding the type of tattoos an umpire might wear."

In a more sensible vein, the rules book refers to "length of game" and reads: "A concern regarding the pace of a game is the growing practice of coaches while defense calling pitches (giving signals to the catcher who then relays them to the pitcher) and additional signals to infielders and/or outfielders."

"Coaches are urged to keep these signals to a minimum and give fewer defensive signals in an effort to speed up the game."

FOOTNOTE: Gender equity has been mentioned in this corner often, but please do not let it enter into a difference between the prep baseball and softball rules when it comes to a coach's clothing.

In baseball, the coach must wear the uniform of his team.

(See ART, Page 2B)

U.S., France to meet at Soccer Park

By Bill Hester
Correspondent

The Road To Athens for the United States Women's National Soccer team will be making a stop in St. Louis on April 26.

St. Louis Soccer Park in Fenton, Mo., will be the site of the first-ever appearance in St. Louis for the women's national team, which is favored to win the gold medal when women's soccer debuts at the 1996 Atlanta Olympics.

The United States will face France at Soccer Park with kickoff slated for 7:30 p.m.

"It is the first time we will be playing here and we want to leave a big mark," said Julie Foudy, a midfielder on the national team and a former standout at Stanford University. "I have heard that St. Louis is a hotbed for soccer in the United States and it appears to be warranted from what I have seen today. There is tremendous enthusiasm for the people. I hope it is a success for us and for the city."

The United States squad has already played 11 games on its "Olympic Preparation" tour. The women's team has a record of 9-1-1 split a pair (See SOCCER, Page 3B)



(Staff photo by JOHN FRESI)

Up and running — Granite City's Steve Moss practices hurdles.

Thoroughbred season off and running at Fairmount

By Brian Bretsch
Staff writer

The ponies are back at Fairmount Park for another season of thoroughbred racing, and while the scenery is not different to them, park officials hope changes to the track will attract more fans on both sides of the river.

The changes won't be seen by the naked eye, but Brian Zander, vice president and general manager of the track, hopes the changes will draw more customers. The season opened Saturday and runs through Oct. 6. Post times will be 1 p.m. Tuesdays, 7:30 p.m. Fridays and Saturdays and 6:30 p.m. Sundays and Mondays. There will be no live racing on Wednesdays or Thursdays.

The first change at Fairmount customers will notice is the parking. Zander said the general parking lot, located directly in front of the track, has traditionally charged \$1. That parking is now free. Zander also said the track has begun a same-price admission of \$2.50 for the grandstand and clubhouse.

"For the majority of our

patrons, the admission represents a reduction in the overall cost of coming to the track," Zander said.

More than 400 television sets have been added to the park, which should make off-track betting easier for prominent broadcasts races from other tracks such as Santa Anita, Arlington and Oaklawn.

"Although our slogan here used to be 'Every 15 minutes the place goes crazy,' that is still true in regards to live racing," Zander said. "We've found that for a lot of reasons, the public that was simply not enough, so basically having this many (off-betting) tracks there is something going on all the time. Right now, we are currently going from 11 in the morning on the weekends until 2 a.m."

Zander is also proud of the track's new menu of food. Fairmount Park has hired Greg Perez as its supervising chef. Perez, previously named one of the top five new chefs in the United States by Bon Appetite magazine.

"Generally speaking, the race track industry's theory

(See FAIRMOUNT, Page 2B)

Depth could give Millikin golf conference repeat

The Millikin University golf team will need plenty of depth if it wants to pick up its second straight College Conference of Illinois and Wisconsin.

Repeating won't be an easy task, but coach Gerald Temples is confident that with his newest recruiting class, including Granite City's John Green, a second conference crown is a possibility.

THE TEAM RETURNS four of its top five scorers from last season's team, and a transfer that could find a spot on the top five Big Blue roster.

Green, a freshman at Millikin this spring, was a two-letter winner at Granite City High School and an all-conference selection in his senior year. Green also qualified for the regional tournament two autumns ago.

He helped the Warriors to a 16-4 record in 1994 by having the best scoring average on the team, earning team MVP honors.

Green was also a member of the Accelerated College Preparatory Academic Program at GCHS as a senior, and he is studying biology at Millikin.

Green, the son of William and Linda Green of Granite City, is one of six freshmen that will try to crack into the Big Blue starting lineup.



— John Green

"The bottom line is to win the conference tournament," Temples said. "That is going to be a tough task this year, but I think we are in position to compete for the championship again this year."

Leading the returnees is junior Ray Stroup, who finished second at the CCIW meet and was third on last season's squad with a 79.6 stroke average.

The team's top two players in scoring average, senior Jason Thomalla and junior Tony Leonard, also return.

(See GOLF, Page 2B)

Cardinals Team of the Week

Compiled by Mike Rice and Dan Smith



The St. John Neumann Lady Crusaders capped off the season March 11 by clinching their conference with an undefeated record. Team members include (front row from left) Natalie Morris, Savannah Wisnasky, Stacey Ellerman, Kacia Williams and Megan Jackstadt; and (back row) coach Steve Jackstadt, Katie Tevebagh, Julia Mattea, Laura Rimar, Heather Beeson and assistant coach Roger Mattea.

Sports shorts

Baseball barbecue
The GCHS baseball parents will hold an all-day barbecue on Saturday, April 6, at Ervay's Restaurant in Granite City. The proceeds from the barbecue will help offset the cost of new baseball uniforms.

Tickets are available from any baseball parent and can be purchased in advance or at Ervay's on the day of the event.

Donkey basketball game
The Granite City High School Varsity Club will hold its annual donkey basketball games April 9 at Memorial Gymnasium. The main game

features Granite City teachers against the Granite City Police Department. A second game will feature Varsity Club members versus the high school Student Council.

Tickets are priced at \$3 per person in advance, and \$4 at the door. Tickets are available at the high school's main office. This year, there will be a special treat for the younger fans, as the first 100 children under age 12 will receive a free donkey ride before the game.

Soccer registration
The Granite City Soccer Club, the joint organization formerly known as the Quad-Cities

Soccer Association and the Madison County Girls Soccer Association, is still taking open registration for boys and girls born from 1983-92.

The registration fee is \$30 per child and covers both the spring and fall seasons. For more information, call the soccer hotline at 876-9000.

Park District leagues
The Granite City Park District is now accepting entry fees for all T-ball, youth baseball, ponyball softball and all adult softball programs.

Player and team registration is being taken at the Wilson Park office. The Park District also needs volunteer coaches

for all youth programs.

The Park District will make every effort to find a team for any child wanting to play baseball or softball this year.

For general information regarding Park District programs, call the Wilson Park Office at 877-3059.

The Park District has an apparent shortage of boys or girls in the age 7-10 range to play baseball. For more information on these teams, call John at 453-8473 no later than April 5.

Shoendienst Golf Tourney
Fontbonne College will hold the Red Shoendienst-Fontbonne College All-Star Golf Tournament on Monday, July 8 at the Glen Echo Country Club, located off Lucas and Hunt Road in St. Louis.

St. Louis Cardinals Hall-of-Famer Red Shoendienst will be the master of ceremonies, and will be joined by local personalities and current Cardinals players. The foursome scramble tourney will begin with registration at 10 a.m. on July 8, and then a shotgun

start at 12:30 p.m.

The cost for the tournament is \$300 per player, and \$1,350 per foursome. The cost includes greens fees, cart, driving range, lunch, cocktails, dinner, prizes and a gift pack. Special sponsorships are also available.

For more information, call (314) 889-1412.

Softball Classic

The sixth annual Budweiser Softball Classic will be held May 18-19 at the Shiloh Eagles Park. The home rule will be in effect. Entry fee is \$125 per team, and prize money will be based on the number of teams entered.

For more information, call Harry Shepherd at 632-0058 or Dan Davis at 236-6414.

Bilkiken soccer camps

Saint Louis University has released the schedule for its Bilkiken soccer camps next summer. One day camp will be held at Chaminade High School, while two residential camps will be held one at Chaminade and one at SLU.

Boys and girls under age 14 will attend a day camp from June 10-14 and 17-21 at Chaminade. A residential camp will be held at Chaminade for advanced boys ages 13-18 only on June 9-13.

Another residential camp will be held at SLU for boys and girls ages 9-12, and advanced boys ages 13-18, on June 22-27. From July 18-20, a girls-only camp for ages 9-18 will be held, and a boys-only advanced camp for ages 9-12 and 13-18 will be held on July 21-25 and 28-31.

Call (314) 977-3177.

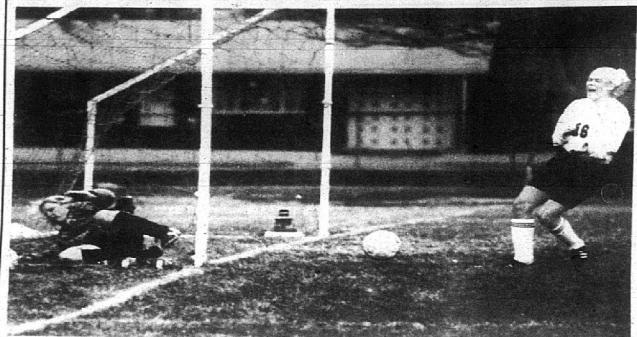
SLUH camps

St. Louis U. High will offer four separate weeks of basketball camps for boys in grades 3-8. The week-long sessions will be held June 10-14 and 17-21 and July 15-19 and 22-26.

The camps will be held under the direction of Junior Bilkiken coach Don Maurer and will feature former SLUH players as well as other former local players. The fee for the camp is \$90. For more information, call 314-531-0330, extension 157.

The high school will also hold a football camp during the week of June 10-14. The camp is for grade school boys entering grades 3-8, and will be held at SLUH Stadium.

The camp will be directed by SLUH football coach Gary Kornfield, and will be non-competitive. The fee for the camp is \$45. For more information on the football camp, call (314) 531-0330, extension 171.



(Staff photo by JOHN FRESSE)

Lady Warrior strikes — Granite's Connie Meyers (right) makes a penalty kick. The Lady Warriors dominated Alton 7-1 last Wednesday.

• Golf •

(Continued from Page 1B)

Thomalla was named the team's most valuable golfer last season and Leonard was named the team's most improved golfer. Matt Dwyer, who had a stroke average of 80.1, also returns.

WHILE TEMPLES BELIEVES these four will be the backbone of the team, he is also looking to the team's newcomers as a source of depth. Also, one or two of the new players will see consistent time in the starting lineup.

"We see this group of young players as our ticket to future success," said Temple. "This

is as fine a group of freshmen as we've seen in a long time.

"I believe John Green has the raw talent to be a fine golfer at this level. John has had the experience of playing on some of the state's toughest courses in southern Illinois; and he played in a quality conference as well."

"John's concentration seems to be a big asset of his. He shows remarkable consistency on the greens and tees."

Millikin opened the season this past week with a two-day tournament at Knox College on March 29.

• Art •

(Continued from Page 1B)

if he enters the either coach's box. In softball, a coach shall be attired in school uniform or jersey, with coaching shorts/slacks that are the same color as the team's shorts or pants. A shirt that is the same color as the team's

jersey is permitted as is a warm-up suit, including fleece warm-up in school colors. Cut-offs or any type of jeans are prohibited.

Again, I wonder about Rodman and if he could coach softball if his tattoos were not offensive, but contrasted with school colors.

• Fairmount •

(Continued from Page 1B)

has always been if people come here to bet and if they happened to get a good meal, then they happened to luck out," Zander said. "Most people have joked that the last race yesterday was the horse that lost the last race yesterday. For the most part, I think the race track really never had to do anything in terms of dining. Part of this change is because of the advent of casinos and things like that. I think everything has been raised up a notch."

THE MILLER BREWING COMPANY has jumped into the sport of horse racing for the first time. The company will sponsor a series of races to be known as the Miller Lite Challenge Series, which will take place on selected Tuesdays during the season.

Each race in the series will be a handicap event, with a \$10,000 purse with different divisions for age and sex at distances ranging from six furlongs to one mile and 70 yards. The horses participating in the series accumulate points based upon the number of starts that

they make and their finish positions in those starts. Miller will award a series trophy to the owner of the winning horse.

"WE HAVE HAD THIS SERIES for the past two years," said racing secretary and director of mutuels Bobby Pace. "They have proved to be very successful. There is a lot of interest in it and it helped to determine divisional champions at Fairmount Park."

"We had to redo our stakes program this year. Last year, I had a stakes program that may have had a value of \$500,000 and this year our actual stakes program is going to be valued at \$150,000," he said.

"The reason being this year we just decided we couldn't support a stakes program of \$900,000. If we would have done that, our purse structure would have been lower than it is now. We decided to support the local horsemen here, that is more important to have a higher distribution than have it on a large stakes schedule. We took a one-year hiatus on our open stakes this year," he said.

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Elite PSG teams being formed

The Southern Region elite teams for the Prairie State Games are now being formed for the finals competition June 28-30 in Southwestern Illinois.

The elite teams for both men and women in the scholastic (high school) and open (college and above) divisions are in basketball, soccer, and volleyball. Elite tennis also has those divisions, plus a master's men division, consisting of players 35 years of age and older.

The Southern Region will compete against seven other regional teams in the state's version of the Olympic Games.

Besides competing, the athletes will have the opportunity to participate in the Opening Ceremonies at 8 p.m. Friday, June 28, at the Track & Field and Soccer Stadium at Southern Illinois University at Edwardsville.

type sports also will be competing at the Finals.

The Southern Region represents residents or students who live in these counties: Alexander, Bond, Calhoun, Clay, Clinton, Crawford, Cumberland, Edwards, Effingham, Fayette, Franklin, Gallatin, Hamilton, Hardin, Jackson, Jasper, Jefferson, Jersey, Johnson, Lawrence, Madison, Marion, Massac, Monroe, Perry, Pope, Pulaski, Randolph, Richland, St. Clair, Saline, Union, Wabash, Washington, Wayne, White and Williamson.

The entry fee to try out is \$15, which includes a Prairie State Games souvenir t-shirt and an opportunity to win medals at the Finals. Applications will be available on-site at the tryouts, or from the contact person for that team.

For further information, con-

tact the applicable contact for each of the sports or Regional Director Bob Ennis, at 344-0884 at home, or 652-1022 at work.

Basketball — Open Men and Women and Scholastic Women should contact Ron Awasum (277-6101). Scholastic Men: Dennis Reuter or Norm Toenjes (478-1622). Tryouts for the scholastic women's team will be May 19, from noon-2 p.m. at Rend Lake College in Lebanon. Tryouts for the scholastic men's team are May 19, from 2:30-4:30 p.m. at Rend Lake; and May 26 from 2:30-4:30 p.m. at McKendree.

Soccer — Open Men (Norm Seim, 667-2827) tryouts are on May 19 and 21, at 6 p.m., at SIUE; and Open Women (Gene Briggs, 876-4719) tryouts are scheduled for May 19-20 at 6 p.m., also at SIUE. Scholastic Men (Dale Schilly, 667-8333) tryouts are May 19 and 21 at the same times; and Scholastic Women (Terry Schuler, 877-3059) are also on May 19 and 20 at the same times.

Volleyball — Open Men should call Bob Vollmer at 424-7985; Open Women and Scholastic Women should call Jack Kloess (277-5044). Scholastic Women tryouts May 19, 7-8:30 p.m. at Belleville Area College gym; and Scholastic Men (Marvin Hayden 234-6192) tryout is on May 19, 6-7:30 p.m. at the BAC gym.

Tennis — Open Men and Women, Scholastic Men and Women, and Master's Men: Bob Keefe (398-5136) and Dave Woehaus (398-1359). Scholastic Men and Women's tryouts are set for June 2, 9 a.m., Belleville West.



Go! — From left, Granite's Monica Widel, Christina Short and Bonnie Hill practice sprinting. (Staff photo by JOHN FRESE)

Soccer

(Continued from Page 1B) of games against Norway and had a tie and a one-goal victory over Brazil.

In the other seven games, the U.S. has defeated teams from Russia, Ukraine, Sweden and Germany by a combined score of 28-1.

The goal for the end of the tour is a trip to Athens, Ga., which will be host to the final games of the Olympic tournament.

"THESE GAMES GIVE US a chance to try different lineup combinations, but we are also out there to win and get in the right mentality of the way

things will be at the Olympics," said U.S. midfielder Tisha Venturini, who played on four NCAA championship teams while attending the University of North Carolina from 1991-94.

The team will be playing France in a two-game series, with a second game at Indianapolis on April 28.

"THEY ARE TRYING to get us in the rhythm of playing a game, having a day off and then playing the next day since that will be the same schedule we will have at the Olympics," said Venturini, who was the 1994 Missouri Athletic Club

College Player of the Year. The members of the U.S. national team have been training in Orlando, Fla., since January. The first rounds of the Olympics will be played in Florida, with the semifinals and finals scheduled for the University of Georgia in Athens, Ga.

More than 3,000 tickets have already been sold for the game at Soccer Park, which has a capacity of 6,300. The U.S. team has played in front of 8,975 in Jacksonville, Fla. All tickets for the U.S.-France game on April 26 are \$12 general admission. Order by calling (314) 984-0516.

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BUSINESS



(Staff photo by BOB SLATE)

Growing — Omni Bank, with a main office at 5111 Illinois 111 in Pontoon Beach and a branch at 3830 Nameoki Road in Granite City, recently held its annual shareholders' meeting. The five-year-old bank had assets totaling nearly \$31 million as of Dec. 31, 1995, according to its annual financial statement. Pictured from left are bank board members Dave Foreman, Gene Tracy, Velda Taylor, Joe Hassler, Anne Slate, Don Whitehead, John McDonald and Chuck Unger.

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One of the most effective ways to build wealth and save for retirement is through an individual retirement account. The reason is that IRAs offer a major tax benefit — tax-deferred growth (or compounding) of contributions and earnings until they are withdrawn after age 59 1/2.

This means that you're able to accumulate more money for retirement in an IRA than you could with a taxable investment, which is reduced by taxes each year. And, given recent tax law changes, which spell higher taxes for many individuals, taking advantage of tax-deferred investing in an IRA makes even more sense.

IRA deductibility limits. If you and your spouse are not covered by an employer-sponsored retirement plan, your IRA contribution remains completely tax-deductible.

If you or your spouse are a participant in a plan, you may

continue to receive the deduction for all or part of your contribution, depending on your annual adjusted gross income. Singles with adjusted gross incomes of \$25,000 or less and married couples with adjusted gross incomes of \$40,000 or less can deduct their entire contribution.

Don't let non-deductibility stand in your way to benefit. Even if your annual \$2,000 IRA contribution is not deductible, the money you invest still grows on a tax-deferred basis.

Consider the following examples that show how much more you can earn in an IRA after 10, 15, 20 years if you invest \$2,000 on Jan. 1 every year and are in the 21 percent bracket.

Compare this with a \$2,000 fully taxable investment made each year.

Assume your annual investment return is 7 percent.

After 10 years, your money grows tax-deferred to \$29,567 in the IRA vs. \$25,163 if made in a fully taxable investment.

After 15 years, your money grows tax-deferred to \$33,776 in the IRA vs. \$24,667 if made in a fully taxable investment.

After 20 years, your money grows tax-deferred to \$87,730 in the IRA vs. \$68,093 if made in a fully taxable investment.

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If you haven't made a contribution for your IRA for 1995, and you think you've missed your opportunity, here's the good news: You have until April 15 to make the maximum 1995 contribution (\$2,000).

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year to make your 1996 contribution? Invest \$4,000 now (for both 1995 and 1996) and enjoy a full year or more of tax-deferred growth.

Higher taxes, longer life expectancy and rising health-care expenses are some of the best reasons why you shouldn't wait to establish an IRA.

Tim Guthrie, a Fairview Heights resident, is an investment executive with a Clayton-based investment firm. He can be reached at 1-800-225-0669 or 314-854-4822.

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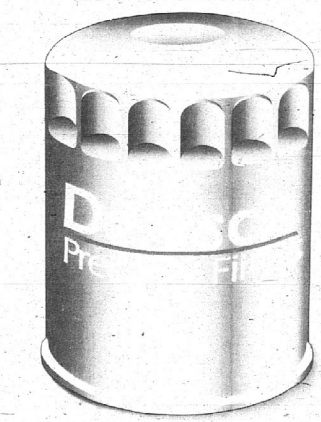
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SIUE alumnus establishes memorial scholarship

John M. Juhasz Jr., a 1966 Southern Illinois University at Edwardsville alumnus, has established the Rose M. Juhasz Memorial Nursing Scholarship at SIUE in memory of his mother and to continue her contribution to her profession.

Rose M. Juhasz spent her life helping others. A native of Granite City, she worked as an obstetrics nurse in the delivery room of St. Elizabeth's Hospital for 40 years. Even after her retirement, she continued to show her love of the community by volunteering at the hospital.

The scholarship is open to junior nursing students with a 3.0 grade point average. Preference may be given to applicants specializing in OB/GYN and to students of Hungarian descent, but these qualifications may be waived. The recipient will be chosen by the School of Nursing. The scholarship will provide up to \$3,000 a year.

"I always admired my mother for her dedication to her profession," John said. "Through this scholarship, I hope to help someone who is dedicated, enjoys the profession and will value this

opportunity as much as my mother valued her training at St. Elizabeth's Hospital during the Depression."

Felisia L. Cohen, dean of the SIUE School of Nursing, said, "While talking with Mr. Juhasz, he explained that their last name meant shepherd in Hungarian. It certainly seems that through her concern for and dedication to the people of Granite City and surrounding communities, Rose Juhasz truly personified her name."

Juhasz is president of Flight Safety Equipment Inc., a Granite City-based company that specializes in safety equipment for commercial and military aircraft.



Rose M. Juhasz

Briefly

Benson wins

Wal-Mart scholarship
Associates at the Granite City Wal-Mart store will send Catrina Benson on her way to college this fall with a \$1,000 Sam Walton Scholarship.

Benson is finishing her senior year at Granite City High School and will be attending the University of Southern California in the fall. Her strong academic performance and involvement in school and community activities contributed to her selection as the Sam Walton Scholarship recipient.

Applications were reviewed by a team of qualified judges, consisting of local business

and community leaders who are not affiliated with the scholarship.

"The overwhelming number of qualified students made the decision process very difficult for the panel of community judges," said James Brooks, manager of the Granite City Wal-Mart store. "We are pleased to present Catrina Benson with the Sam Walton Scholarship in recognition of her outstanding achievements."

This scholarship is part of the Sam Walton Community Leader Award program, an effort by Wal-Mart to recognize area residents who are making a difference through leadership, inspiration and volunteerism.

Conferences set
Parent-teacher conferences will be conducted at Granite City High School on Monday, April 8, 1-4 p.m. and 5-8 p.m. There will be no classes conducted that day. Report cards will be available at that time.

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P185/80R13	WWW	52	P215/75R15	WWW	58
P185/75R14	WWW	51	P215/70R15	WWW	59
P185/70R14	WWW	52			
P195/75R14	WWW	52			
P205/75R14	WWW	54			

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P195/75SR14	WWW	71	P225/75SR15	WWW	81
P205/75SR14	WWW	72	P225/75SR15	RWL	85
P205/75SR14	RWL	76	P235/75SR15	RWL	83
P205/75SR14	RWL	79	P235/75SR15	RWL	87
P205/70SR15	WWW	75	P235/75SR15 XL-WWW	88	
P215/75SR15	BLK	68			

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XW4 P195/70R14 BLK \$78
Fits: Buick Skylark, and Olds Achieva

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Fits: Chevy Astro Van, GMC Safari Van, and Jeep Cherokee

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P215/75R15	AMERI*TECH ST	OWL	65	LT225/75R16/6	AMERI*550 A/S	BLK	93
P235/75R15 XL	AMERI*WAY XT	BLK	68	LT245/75R16/10	AMERI*550 A/S	BLK	111

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P165/80R13	—	44	50
P175/80R13	37	45	51
P185/80R13	39	46	54
P185/75R14	41	47	56
P195/70R14	—	48	57
P195/75R14	43	48	59
P195/70R14	—	48	59
P205/75R14	45	51	59
P205/70R14	—	51	60
P215/75R14	—	55	63
P205/75R15	46	54	61
P205/70R15	—	54	62
P215/75R15	47	57	63
P215/70R15	—	57	65
P225/75R15	48	58	67
P235/75R15	49	59	69

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185/65HR14 \$56	P205/70SR14 63	145SR13 \$41
195/65HR15 64	P215/70SR14 66	155SR13 43
205/65HR15 71	P225/70SR15 71	165SR13 49
185/60HR14 58	P255/70SR15 79	165/70SR12 43
195/60HR14 63	P215/65SR15 68	175/70SR13 48
195/60HR15 66	P215/60SR14 67	185/70SR13 49
205/60HR15 71	P235/60SR15 75	195/70SR14 51
215/60HR15 73	P275/60SR15 88	205/70SR14 56
225/60HR15 75		

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P235/75R15/4	71	83
LT235/75R15/6	85	103
30x9.50R15/6	88	105
31x10.50R15/6	96	114
33x12.50R15/6	—	133
BLACKWALL		
LT215/85R16/8	—	109
LT235/85R16/10	99	119
LT245/75R16/10	—	120
LT265/75R16/6	104	120
8.75R16.5/8	—	111
9.50R16.5/8	—	124

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Senior prom — On Saturday, March 23, the Granite City High School Student Council hosted a "senior prom" for the area senior citizens. High school students and seniors enjoyed dancing together. Finger foods were served by the students to the seniors. Shown are, from left, Pauline Hanson, president of the American Association of Retired Persons Chapter 1340, who presented a check to Granite City High School teacher Linda Ames and Andrea Malone, president of the Student Council.

AARP dinner, dance set

The March meeting of the American Association of Retired Persons Chapter 1340 was held at the Granite City Township Hall.

Refreshments were served. A brief business meeting took place. The nominating committee's recommendation for the slate of officers to be presented at the April meeting for election was read.

The remainder of the evening was spent playing games. Pat Lanson was the name drawn for the special attendance prize. She was not in attendance to claim her prize. Other attendance prize winners were Eldon Hahn, Rich-

ard Aurand, Reta Lombardi, Irene Kadanec, Wilma Ostresh, Pearl Thorpe, Birdie Meyenberg, Mike Doneff, Tally Evans, and Sylvia Orsey.

A dinner and dance will be held April 12 to honor the AARP palbearers who have generously given their time for this service. Tickets are available for \$6.50 per person. The dinner will be catered by Jerry's Cafeteria. Jerry's Kids will provide the music for dancing. Call 677-1215.

Organizations

Pontoon Seniors
The Pontoon Beach Senior Citizens held its March meeting with the newly elected board members presiding. Following the board meeting, a 50/50 drawing was held. Sandwiches and desserts were served. The entertainment was provided by the Merry Maker Kitchen Band.

Those present were Earl and Rose Edmiston, Jeri Schieb, Betty McGinnis, Vera Bolton, Bill and Ruth Dagon, Corrine Kreher, Ed and Goldine Van Scoyk, Art and Myrtle Thurston, Glen and Robbie Wilson, Helen Hutton, Lee and Betty June Ridgeway, Jim and Diane Hill, Bill and Millie Stonum, Ruby Stonum, Mabel Kennerly, Frances Harper, Mildred Gross, Rose Stearns, Mary Hasselbrock, Paul and Edna Bennett, Bob and Ginny Alford and Dorothy Watkins.

St. Ann's Altar Society
The March meeting of St. Mary's Catholic Church's St.

Ann's Altar Society was held March 27.

The meeting was called to order by the president. The prayers were led by the chaplain. Reports were given by Father James Keefner and Sister Bernadette.

The plans for a quilt bingo, to be held April 14, was finalized.

Sister Bernadette showed a video for the preparation of the Holy Week services. With no further business, the meeting was closed by a motion from Bea Stentzer and seconded by Mildred Gajowski. Refreshments were served to the following: Goldie Rozycki, Sophia Thomas, Mary Ann George, Adele Wasylak, Mildred Gajowski, Josephine Yurko, Bea Stentzer, Margareta Kulaska, Laura Hoppinger, Mary Clarke, Mary Pogorelac, Vera Sikora, Mary Ann Bunk, Julia Kutzera, Mary Domanek, Eleanor Turko, Vickie Perjak, Father James Keefner, Sister Bernadette, Janet Werner, Rose Marie Stentzer, Mary

Krajovich and Karen Bridick.

Friends of the Library
The annual meeting of the Friends of the Granite City Library was held March 13 at the branch library.

Pauline Schank, president, and other officers gave a review of the activities for 1995.

Officers elected for 1996-97 were Pauline Schank, president; Mike Reinhardt, first vice president; Linda Watson, second vice president; Carol Franklin, treasurer; Jean Hille-

man, secretary; and Connie McGee, hospital chairman.

The friends will help during a book signing at the branch library on April 20. The authors of the centennial book will sign books bought that day or already purchased.

Plans are being made for the annual book sale, tentatively set for May 31 and June 1.

Others present were Maxine Nemeth, Alice Provice, Maxine Christoff, director, Lester McKiernan, Carol and Bob Braundmeier, Ann Scott, Curtis Noland and Kathy Antoff.

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All the love we have for our children doesn't automatically make us effective parents. Parenting, like any other skill, is something we learn - and we can always improve.

April 13

"Helping Your Children Succeed In School" - building academic success through parent involvement. (For parents of children 4-12)

April 20

"Becoming the Best Parent You Can Be" - parenting styles, communication, effective discipline, encouragement, problem-solving. (For parents of children 2-12)

April 27

"Raising Responsible, Self-Confident, Cooperative Kids" - winning cooperation, preventing conflicts, communication skills, respect. (For parents of children 4-12)

May 4

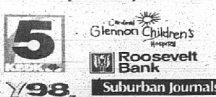
"Taming the Turbulent Teen Years" - understanding teens, encouragement & self-esteem, developing responsibility. (For parents of teens and pre-teens)

May 11

"Thriving Through the Teen Years" - winning cooperation, challenge of alcohol & drugs, parenting & teen sexuality. (For parents of teens and pre-teens)

For more information call 534-3504.

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These fast-paced video programs help parents through the "terrible twos," the "turbulent teens," and everything in between. You'll enjoy the humor and learn new skills. Solutions will be offered for common conflicts - a child who won't pick up his toys, or parents struggling to get a teenager to come home on time. A trained workshop leader from each school district will host each session.

Offered Simultaneously at 24 St. Louis Area School Districts.

These districts will offer the 3 FREE workshops on Saturday mornings from 10:30 am to 12:30 pm. Open to parents everywhere! Attend at any location:

Brinkwood Basic Elementary School, 3431 Cambridge Ave. Ferguson-Florissant
McCluer High School, 1896 S. New Florissant Rd. Hazelwood
Building, 19555 New Halls Ferry Rd. Jennings Central Office, 8688 Clifton Ave., for
children call 867-6800. P. Park Ridge, North Kirkwood Middle School, 11207
Manchester Lindbergh Administration Offices, 4800 S. Lindbergh Maplewood.
Richmond Hills, 3131 Koch Parkway 413 & 20, Early Childhood Ctr., 14000 Clayton
427, Southwest Middle, 701 Wren. 84, Central Middle, 471 N. Woods Mill (141).
291, South Middle, 750 Woods Mill. Pattonville Learning Center, 11091 St. Charles
Rock Rd. Bluegrass Family Resource Center, 3344 Ashby, Room 303 Riverdale
Candace Lewis & Clark School, 10242 Prince Rockwood Creste Middle School,
10025 Clayton St. Charles Monroe Elementary, 2670 Zumbel St. Louis City.
Boulevard High School, 3836 Natural Bridge. Valley Park, V.P. High School Library,
366 Meramec, St. Louis. Webster Groves 413, 20, 27 & 311, W. G. High School, 100
Selma Ave. NOTE 514 at Hixon Middle School, 630 S. Elm.

In Winings: Alton 11 J.E. Johnson Elementary, 4200 Humbert, for children call
863-2075. Ballwin 118 Douglas School, 125 Carlyle Ave. Ballwin H.S. 110 & 105
Combined Sessions. Open to all. 413, 20, 27, Wren Elementary, 21 Cinde Dr. 54,
11 William Holiday, 400 Joseph Rd. Cahokia 187. Board of Education, 1780
Jerome Lane, Granite City 3. G.C. Senior High Cafeteria, 3101 Madison Ave.
Shiloh 88 Shiloh Valley School, 126 E. Julie St.

PLEASE REGISTER BY MAIL, And Use This Entry Form To Win Prizes!

Parent Name(s) _____
Address _____
City _____ State _____ Zip _____ Phone () _____

Please register me for the following workshop sessions and include me in the drawing to win a trip to Disney World and other prizes! (You must attend at least one workshop to be eligible to win. Reservations are not required but will help us with preparations. Thank you! Register me for: ☐ April 13 ☐ April 20 ☐ April 27 ☐ May 4 ☐ May 11

I will attend at _____ School District.
Clip this and mail to: "Partners In Parenting", P.O. Box 27847,
St. Louis, MO 63146. For more information, call 534-3504.

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Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000.

This calendar runs in every Wednesday's Journal.

Wednesday, April 3

Disabled American Veterans Chapter 53 will offer a service officer from 1 to 3 p.m. at the Tri-City Veterans Home, located at 1417 19th St. in Granite City. Call 876-7331 for more information.

Pontoon Beach Senior Citizens bingo, noon, 3910 Illinois 111, Pontoon Beach.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

Singles Connection will eat dinner at 6:30 p.m. at the new Country Square Restaurant, formerly Mediterranean Taverna, located on Illinois 157. Call Linda at 656-3384 for more information.

Al-Anon, 7:15 p.m. Gateway Foundation, 600 W. Lincoln Ave., Caseyville. Call 463-2429 for more information.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Boots and Slippers Square Dance Club will sponsor square dance lessons from 7 to 9 p.m. at Lanham, 2200 Vandana St., Collinsville. The cost is \$2.50 per person. Per session. For information, call 344-4636 or 344-4183, or contact CARD at 346-7529.

Divorced and Separated Group Ministry, 7:30 p.m., Eden United Church of Christ, 903 Second Street, Edwardsville, 656-9288.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

Madison Community Action Group, meets 6 to 8 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

Thursday, April 4

Behavior Health System will present a talk on "Signs and Symptoms of Adolescent Chemical Dependency" at 7:30 p.m. at the Edwardsville Health Center, 1121 University Drive in Edwardsville. The speaker will be Warren Neal. This talk is free and open to the public. Call 798-3888 for more information. School personnel are encouraged to attend.

United Methodist calendar

Niedringhaus United Methodist Church, 20th Street and Delmar Avenue in Granite City has announced its Holy Week calendar.

On Thursday, April 4, a special Maundy Thursday service will be held at 6:30 p.m. The evening will begin with a community dinner, followed by a worship service. The meal and service will take place in Wesley Hall, the church's fellowship hall.

On Good Friday, April 5, Niedringhaus will host the Community Good Friday Service, beginning at noon. At 7 p.m., the congregation will gather for a special Good Friday service, led by the Rev. Bruce Rushing.

Easter Sunday, April 7,

at 8:30 p.m. at the Lions Den, 3901 Lake Drive in Pontoon Beach. Anyone interested in helping the visual or hearing impaired are welcome. Call Bob at 797-0747 for more information.

St. John United Church of Christ, 2901 Nameoki Road in Granite City, will hold Maundy Thursday services at 7:30 p.m. A holy communion for first communion for the confirmation service of foot-washing will be held. Services will conclude in darkness and silence.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorgate Drive, Mitchell.

Eagle Park Acres Seniors of Madison meet from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Take Off Pounds Sensibly Chapter 2383, 6:45 p.m. at Anchorage Recreation Center, 2909 Edwards St. For information, call 797-8351 or 877-2784.

Al-Anon, 8 p.m. Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 89th St., Caseyville. For information, call 1 (314) 636-7231.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 831-0443.

Friday, April 5

Greater Beneficial Union of Pittsburgh, District 491, Granite City Council, meets at 8 p.m. at Third Baptist Church, 26th Street and Grand Avenue in Granite City. James P. Reagan, president, can be reached at 876-7285; and Mary Solomon, secretary, can be reached at 451-9201.

Holy Family Fish Fry will be held from 3 to 7 p.m. at 2606 Washington Ave. in Granite City. Plates are \$4.50 and sandwiches are \$3.50. Carry-outs available. Also offered will be a craft show.

Singles Connection will meet at 5:30 p.m. at the fish fry at Holy Family Catholic Church, 2606 Washington Ave. in Granite City. Call Lisa at 877-6970 for more information.

Al-Anon meets at p.m. in the Milonski Room in the basement at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Friday Afternoon Pinochle Club for seniors 55 and over meets at 12:30 p.m. at the Harold Brown Building, Franklin Avenue and Pontoon Road. Call 877-0350 for more information.

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 3:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

Saturday, April 6

Polish Pierogi Sale, Sacred Heart Polish National Catholic Church, 300 Reynolds, Madison, 9 a.m. to noon. Seven varieties: cabbage, cheese, kraut, potato, sausage and kraut, plum pudding and taco. Carry-outs only, \$6 per dozen. Cooked and ready to heat and eat, 876-5860, 931-3367 or 876-3696.

Singles Connection will have happy hour at 5:30 p.m. at Casa Gallardo in Fairview Heights, followed by dinner at 7 p.m. A movie will be seen at 9 p.m.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 8 a.m. to noon. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

Sunday, April 7

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Johnston Road Baptist Church, 2033 Johnson Road in Granite City, will present a drama entitled "In the Upper Room" at 10:45 a.m. An Easter egg hunt for all children will follow the program.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

St. John United Church of Christ, 2901 Nameoki Road in Granite City, will hold the day of resurrection. Sunrise services are at 6:30 a.m. at the St. John Cemetery Chapel, 2550 Maryville Road in Granite City. Worship, holy communion and Sunday school begin at 9 a.m. Sunday school will include an Easter egg hunt. The fellowship hour will be held at 10 a.m., followed by worship and holy communion at 10:30 a.m. A nursery is available.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 1 (800) 307-6600.

Eagles Auxiliary 1126 Bingo, 1 p.m. at the Nameoki Bingo Center. Also included will be a color raffle, 50/50 drawing free games and other raffles.

National Association of Retired Federal Employees (NARFE) Chapter 1067 meets at 11:30 a.m. at Charlie's Restaurant in Granite City. For more information call 931-2118.

Worship services are each Sunday at 8:30 a.m. and 10:30 a.m. Sunday school classes for all ages are each Sunday at 9:30 a.m. Prayer service, 6:30 p.m. on Wednesdays.

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Monday, April 8

National Association of Retired Federal Employees (NARFE) Chapter 1067 meets at 11:30 a.m. at Charlie's Restaurant in Granite City. For more information call 931-2118.

Singles Connection will attend opening night with the St. Louis Cardinals. Meet at 5:30 p.m. at the Collinsville Kmart. Bleacher seats are \$5 each. Call Kevin at 656-3364 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Chemical Dependency Relapse Prevention group meets from 6:30 to 8:30 p.m. at the Edwardsville Health Center, 1123 University Drive in Edwardsville. The group focuses on eliminating relapse-prone thinking, feeling and behavior patterns and helping group members grow in sobriety. For more information, call 798-3888.

First Place, a Christ-centered nutrition program, meets from 6 to 7 p.m. at First Baptist Church, 2041 Delmar Ave. in Granite City.

Neglected Victims of Child Sexual Abuse, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

TOPS 2948 (Take Off Pounds Sensibly), 8 p.m., Melvin Price Support Center in Lewis and Clark, 876-2124.

TOPS 11, 645, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women welcome.

Behavioral Health System will present a talk on "The Progressive Nature of the Addiction Process" at 7:30 p.m. in Pascal Hall at St. Elizabeth Medical Center.

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abeth Medical Center, 2100 Madison Ave. in Granite City. The speaker will be Warren Neal. The talk is free and open to the public. Call 798-3888 for more information.

Benevolent and Protective Order of Elks, Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m.

Job's Daughters Bethel #43 meets at 7 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard.

Knights of Columbus, 3rd Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.

Singles Connection will play volleyball at 6:30 p.m. at the YMCA, Esic Drive in Edwardsville. There is a \$3 fee for three hours of play. Call Frank at 876-4315 for more information.

Better Breathers, support group of those with chronic lung condition, 1 p.m., Pascal Hall, St. Elizabeth Medical Center, 798-3118.

Mastectomy Support Group, 7 to 9 p.m., Pascal Hall, main floor, St. Elizabeth Medical Center, 798-3510.

Mitchell Fire Protection District 2 monthly meeting, 7 p.m., Maryville and Old Alton roads.

Depressive Manic Depressive Association of Madison County will meet from 7 to 9 p.m. at St. Elizabeth Medical Center, James E. Lewis and Karl A. Strassman, Co-leaders of the DMDA, will conduct the meetings. For more information, call 877-7517 or (314) 776-4929.

TOPS 1699, (Take Off Pounds Sensibly) will meet at 6:45 p.m. at the Anchorage Recreation Center, 2902 Edwards St., call 777-2724 for more information. Men and women are welcome to attend.

Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

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Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 652-8078.

Al-Anon, 8 p.m. St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.

Al-Anon, 8 p.m. Niedringhaus United Methodist Church, cafeteria, 20th and Delmar, Granite City, 463-2429.

Alateen and Pre-Alateen Program for 12 to 17 age group, and prealateen for six to 11 year age group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2429.

The Blood of the Lamb prayer and bible study. The public is invited to come for praise and worship, teaching from the Word and prayer for your needs from 10:30 a.m. to 12:30 p.m. at Full Gospel Fellowship Hall, 2301 Orville, Granite City. A nursery will be provided. If a ride is needed, call 451-4020 or 1 (314) 668-1665.

The Circle of Hope, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. at the King's House on North 86th Street in Belleville. For more information, call 234-0291.

Granite City Kiwanis meet at Shoney's at 7:30 a.m. Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

School of Metaphysics, 7:30 to 10:30 p.m., 9459 Roslan Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0076.

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Senior menus

Donations for noon meals are \$2. Call day ahead for reservation, 877-4373.

Wednesday, April 3
Chicken patty, potato triangles, sliced carrots, bun, apple sauce.

Thursday, April 4
Easter egg, baked ham, sweet potatoes, green beans with mushrooms, dinner rolls, carrot cake with cream cheese icing.

Friday, April 5
Fried fish fillet, parsley potatoes, zucchini and tomatoes, rye bread, lemon pudding.

Monday, April 8
Bratwurst, German potato salad, mixed vegetables, bun, sliced pears.

Tuesday, April 9
Chicken stew, stewed vegetables, tossed salad, biscuits, tropical fruit.

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Eden Village Apartments and Duplex Homes is a division of Eden Village, a not-for-profit organization affiliated with Eden United Church of Christ. Eden Village's Care Center provides skilled nursing and therapy services with a 99.1% Illinois Quality Assurance Rating.

BAC presentations to feature gardening, antiques

Gardening and antiques are the topics of two events sponsored by Belleville Area College's Programs and Services and Older Persons.

"Missouri Wild Flowers," a lecture and slide show featuring flowers from Missouri Botanical Garden will be held Wednesday, April 17, at PSOP's Belleville Multi-Purpose Center, 201 N.

Church Street.

A box lunch will be served at noon, with the program beginning at 1:30 p.m. The cost is \$5. Reservations are requested and should be made by April 12.

The other event is a five-week Antique and Collectible Class, which will be held five consecutive Tuesdays, beginning April 23.

The class, which runs from 10 to 11:30

a.m. each week, will be held in the Community Room of Bell Plaza 1, 114 S. Church Street.

Each session will be hosted by a local antique dealer. The cost is \$10 for the five-week series. Reservations should be made by April 17.

For more information on both activities, call PSOP at 234-4410.

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EASTER BUFFET



SUNDAY, APRIL 7th

FEATURING:

ROAST TURKEY & DRESSING
BAKED HAM
ROAST PORK LOIN
FRIED CHICKEN
MASHED POTATOES
SWEET POTATOES
SALAD BAR, SWEET TABLE & ALL THE TRIMMINGS

**BUFFET SERVED 10:30AM-5PM
RESTAURANT OPEN 7AM-7PM**

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3am Cruise Coming in April!

Today's Food

Wednesday, April 3, 1996

Food & Nutrition

Wise Ways

Chicken's golden egg glitters with nonfat effects of removing yolks.

INSIDE

Heart-y Bites

Familiar traditions of spring permeate religious and cultural holidays.

INSIDE

Blue Ribbon Cook

An old favorite springs with freshness as it meshes fruity flavors in an easy potluck dessert.

INSIDE

Private Label Test Run

Testers try two of the varieties of Schnucks thick and chunky pasta sauce with their families.

INSIDE

Micro Raves

New 'wave Easter treats please kids of all ages with nesting instincts.

INSIDE

Lively Taste

For a spicy ham glaze, combine 1 cup firmly packed brown sugar, 1/3 cup white vinegar, 1/4 cup water, 4 cinnamon sticks and 2 teaspoons whole cloves in small saucepan. Simmer 15 minutes. Remove spices. Use as glaze, basting ham frequently last 30 to 45 minutes of baking.

Health & Fitness

Medicine Chest

Nearly 50 million Americans have high blood pressure. It is called the 'silent killer' because it prematurely ages arteries and can lead to stroke, heart attack and kidney failure, often without warning. Take advantage of blood pressure checks at supermarkets and other public places by professionals, to help avoid a sneak attack.

Fresh Picks

Peaches -- fresh ones now come from Chile -- are a sweet side dish baked with ham. During last 20 minutes of baking, surround the ham with ripe peaches, peeled and halved, cut-side down and tops sprinkled with cinnamon-sugar.

Big Fat Tip

Turkey breast is a low-fat alternative to ham. It goes well with ham glazes, particularly fruity ones. Combined orange juice and honey, with or without chunks of pineapple, flavors turkey well. Play other flavor notes by adding Dijon mustard, soy sauce or ginger.

Future Shop

EatZi's opened in Dallas, Texas, in time to show off to food folks at the Pillsbury Bake-Off. It is an idea expected to move across the country by franchise and in supermarkets. This modern deli is located in an upscale neighborhood with lots of town houses and working residents nearby. An on-site -- and big aroma -- bakery with samples and a small area with tables welcomes shoppers. They can choose individual ready-to-heat or eat meals or have one custom-made from a grill, seafood counter, produce or fresh pizza shelves and add a drink of fresh coffee, tea or spirits of choice. Elements are prepared on sight. A wall of lettuce lets salad lovers pick their produce from simple and exotic varieties.



Funny Bunny

By Janice Denham
Staff writer

The bunny may give up hiding real eggs as the family grows up, but Easter treats still will peep out of pretty baskets.

Sweets add easy decorations. Colored or clear plastic wrap adds sheen to individual servings and keeps them intact for dessert or a snack that day and beyond.

Try pastel hues of jelly beans or other candy to match the colors favored in real eggs. According to a poll by Heinz vinegar, 36 percent of families across the country reach for blue first when dyeing eggs. Next-favored colors are purple and pink, then yellow, green, red and orange.

When hard-cooking eggs, add 2 tablespoons white vinegar per quart of water for better peeling. Peeling also is easier if older eggs -- about two weeks in the refrigerator -- are cooked.

For easy basket filling, nestle a row of marshmallow baby chicks and bunnies in a field of shredded coconut tinted green by tossing with food coloring. Frosting stabilizes elements that want to hop around.

For a gardener's basket, add packets of seeds, gardening tools and small clay pots filled with wrapped marshmallow candy and jelly beans. A sports fanatic may find a combination of tickets.

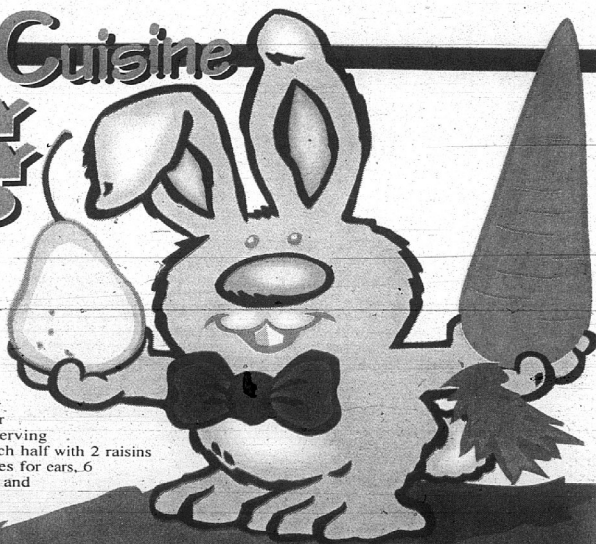
SEE BUNNY, INSIDE TODAY'S FOOD PAGE 2

Kids' Cuisine

HAPPY HOPPY SALAD

For 2 Bunny Hop Salads:

Dip cut side of 1 medium pear, cored and halved, in lemon juice to avoid darkening if it will sit in refrigerator long. Place pear halves cut-side down on serving plate. Decorate top end of each half with 2 raisins for eyes, 2 large almond halves for ears, 6 thin strips carrot for whiskers and mini marshmallows for nose and tail.



Today's Food

Private Label Test Run



Ready-to-use sauce has become many cooks' choice as a base for family meals of Italian pasta.

Sauces add Italian flavor to pleasing, tasty pasta

It may not be the same as long-simmered pasta sauce from an Italian cook's stove, but ready-to-use pasta sauces come closer to it all the time.

This week's testing was for two of the five varieties of Schnucks' thick and chunky pasta sauce. This time testers served it to their families as they would a national brand of sauce. The sauces were resounding successes.

"I use prepared sauces like this a lot and would definitely buy this one again," a tester said. "I used the Schnucks mushroom and diced tomatoes sauce to make spaghetti and meatballs. My daughter and I ate the dish, both of us liked the sauce a lot."

The flavor notes were a little sweeter than the sauce she usually buys, but she "really" liked it. "I liked the consistency, too, as it was not in the least runny or thin," she said.

A second taster uses prepared pasta sauce at least once a week, sometimes with meatballs, other times — like this one — over ravioli.

While she usually buys whatever is the best bargain among pasta sauces, she put the Schnucks thick and chunky sauce equal to national brands in quality when considering future purchases.

A 30-ounce jar costs 40 to 60 cents less than national brands at regular price. The other three varieties are mushroom and diced onion, mushroom and green pepper, and tomato, onion and garlic.

Among the five varieties, a ½-cup serving has a range of 2 to 4 grams fat, 6 to 10 grams sugar and 80 to 100 calories. Each has 3 grams dietary fiber.

Recipe

COCONUT HONEY BALLS

- 3 qt. popped popcorn
- ¾ cup coconut, toasted
- ½ cup honey
- ½ tsp. cinnamon
- Pinch salt
- 3 tbsp. butter or margarine

Preheat oven to 250°.

Place popped popcorn in shallow pan lined with aluminum foil. Keep warm in preheated oven.

Spread coconut in shallow baking pan. Toast in oven,

stirring once, 8 to 10 minutes.

Combine honey, cinnamon and salt in small saucepan. Heat to boiling. Boil 2 to 2½ minutes, stirring constantly. Add butter. Stir until melted.

Pour honey mixture over popcorn. Add coconut. Toss to coat well.

To make balls, place 1 cup mixture in center of 8-inch square of colored plastic wrap. Shape into balls. Twist wrap and tie securely.

Makes about 10 popcorn balls.

Bunny

Continued from page 1C. cup, jersey and pennant for a favorite team, plus a mug filled with candy.

The person who does not like sweets can receive a basket of bagels which can be covered in colored plastic wrap. Slide in silk tulips along the edges. Tuck in tubs of flavored cream cheese which have been refrigerated up to the last minute.

Here are other ideas for sweet treats that jump right into baskets.

CARROT CUPCAKES

- 1½ cups flour
- 1 cup packed brown sugar
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- ½ tsp. salt

- 1 cup shredded carrot
- ¾ cup applesauce
- ½ cup oil
- 1 egg
- ½ tsp. vanilla
- 1 carton (16 oz.) cream cheese frosting

Shredded coconut, tinted green

5 oz. orange gourmet jelly beans

Preheat oven to 350°. Place 12 Easter paper baking cups in muffin pan.

In large bowl, whisk or stir together flour, brown sugar, baking powder, baking soda, cinnamon and salt.

Spoon batter into baking cups, filling two-thirds full. Bake in preheated oven 20 to 25 minutes until toothpick inserted in center comes out clean.

Cool cupcakes in pan 10

Wise Ways

By LINDA S. BLUMENBERG

With a little assistance, hen 'lays' yolk-free eggs

Although the little red hen is unlikely to recognize them as her progeny, what many of us call egg substitutes are, in fact, eggs. The term "yolk-free egg product" is a more accurate and descriptive name, because yolks are removed, but the egg white remains.

Tinkering with mother nature results in a low-fat or even fat-free, cholesterol-free product that is still an excellent source of high-quality protein.

All the fat and cholesterol in eggs are in the yolk. The white is fat- and cholesterol-free. Ingredients like nonfat milk, a dab of vegetable oil, artificial color, vitamins and minerals are added to the whites to replace some of the flavor and appearance of the yolk.

Folks who carefully watch the amount of fat or cholesterol they eat can enjoy egg-rich dishes such as quiche, scrambled eggs and French toast by making them with yolk-free egg product instead of whole eggs out of the shell.

Another plus for yolk-free egg products is they are pasteurized to destroy salmonella and other bacteria.

Pasteurized egg products are recommended for recipes traditionally eaten from baked, berries and leaves to color eggs.

Peter Faberge, from imperial Russia, was the most famous Easter egg decorator in Europe. His extravagantly ornate eggs open to wondrous surprises of gold, silver and precious gems.

Like enchanting Faberge eggs, a chicken egg is the gold standard for the essential proteins bodies require.

Healthy or not, it holds a treasure of balanced nutrients — protein, fat and minerals.

However, all that glitters is not always good. The egg yolk is an extremely high source of cholesterol.

after the package is opened, so it should be refrigerated and used within the time limit the manufacturer recommends.

It comes frozen or refrigerated. I have found cartons of refrigerated egg product next to shell eggs, as well as in the dairy case at grocery stores. Frozen products have a long shelf life when kept at temperatures lower than 10°F. Check freshness dating on cartons of both types of products.

Frozen egg product can be thawed safely in a refrigerator or an unopened carton can be placed under cold running water. Once thawed, use within a day or two.

Ham and Cheese Strata makes a delicious main dish for a special spring brunch. Put it together the night before to let the bread soak up all the egg mixture. The next morning, just pop it in an oven to bake while preparing the rest of the meal.

Certified home and consumer scientist Linda Blumenberg is nutrition specialist with University Extension (University of Missouri system) in Montgomery County.

HAM AND CHEESE STRATA

- 4 cups sliced fresh mushrooms

- ¾ cup chopped green onion
- ½ cup chopped red bell pepper
- ¾ cup dry white wine
- 1 loaf (1 lb.) French bread, cut or torn in bite-size pieces
- 1½ cups chopped reduced-fat, low-salt ham
- 1 cup (4 oz.) shredded reduced-fat Swiss cheese
- 1½ cups yolk-free egg product
- 1½ cups skim milk
- ½ tsp. thyme
- ½ tsp. dry mustard
- ¼ tsp. pepper
- 1/8 tsp. salt

Coat large nonstick skillet with nonstick cooking spray. Place over medium-high heat until hot. Saute mushrooms, onion and red pepper until tender. Stir in white wine.

Coat 9-by-13-inch baking dish with nonstick cooking spray. Place bread in dish. Spoon mushroom mixture over bread. Sprinkle with ham and cheese.

Whisk or stir together egg product, milk, thyme, dry mustard, pepper and salt. Pour over layers in dish. Refrigerate, covered, 8 hours.

Preheat oven to 325°.

Let dish stand at room temperature 20 minutes before baking. Bake, covered, in preheated oven 1 hour.

Yields 10 servings; 237 calories, 4 g fat (16 percent calories from fat), 19 mg cholesterol, 543 mg sodium and 221 mg calcium each.

Dessert tags along for potluck

Erla Siebel, Washington, is the winner of this week's recipe contest for Pineapple-Cherry Cake. She wins a prize of dinner certificates from the Pasta House Co.

Recipes in this month's Mom's Best Dish Recipe Contest should be postmarked by April 30 for consideration as winner during May. Everyone has fond memories of a favorite food at home.

One recipe per household can be sent to: Mom's Best Dish Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131. May has the bonus of five Wednesdays, so there will be an extra prize awarded, one each week.

PINEAPPLE-CHERRY CAKE

- 1 can (15 oz.) crushed pineapple
- 1 can (20 oz.) cherry pie filling
- 1 box (2 layer) yellow cake mix
- 1 cup chopped pecans or walnuts
- ½ cup (1 stick) margarine or butter

Preheat oven to 350°. Grease 13-by-9-inch pan.

Spread pineapple with juice evenly in prepared pan. Spread pie filling on top. Pat dry cake mix evenly over filling. Sprinkle top with nuts. Cut margarine in thin pats and lay over nuts.

Bake in preheated oven 50 minutes or until top is golden brown.

Heart-y Bites

Spring symbols extend to Christianity's Easter

Long before Christianity, northern Europeans held a festival in honor of Eostre, the goddess of springtime. Some traditional symbols of this time of year, like the egg, are used both as religious and cultural customs.

One of the oldest symbols of spring, an egg's oval shape is the same as both a raindrop and a seed, two life-giving substances. Primitive people saw the egg as a promise of new life.

When Jews celebrate the Seder, a ritual meal observing the Passover story of the Jews' exodus from Egypt, a roasted egg and a shankbone are on the plate. They symbolize animal sacrifices in ancient times.

Christians kept the name Easter, meaning "new beginnings," to recognize the day their Messiah,

Jesus Christ, rose from the grave.

Colored eggs became part of the tradition in the 15th century. They were rolled over fields to make the earth fertile. Children in early America used dyes from bark, berries and leaves to color eggs.

Peter Faberge, from imperial Russia, was the most famous Easter egg decorator in Europe. His extravagantly ornate eggs open to wondrous surprises of gold, silver and precious gems.

Like enchanting Faberge eggs, a chicken egg is the gold standard for the essential proteins bodies require.

Healthy or not, it holds a treasure of balanced nutrients — protein, fat and minerals.

However, all that glitters is not always good. The egg yolk is an extremely high source of cholesterol.

By BECKY BLAIR

Spring symbols extend to Christianity's Easter

If the Easter bunny leaves beautifully colored eggs in your basket, use them to make Scotch eggs instead of the customary deviled or creamed eggs.

Hard-cooking removes the shells' protective coating, so cool hard-cooked eggs immediately after cooking, refrigerate and use them within 1 week. No perishable food, like hard-cooked eggs, should be left at room temperature more than 2 hours.

Registered dietitian Becky Blair is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

MODIFIED SCOTCH EGGS

- 12 hard-cooked eggs, peeled

- ¾ cup yolk-free egg product
- ½ cup dry bread crumbs
- 1½ lb. ground turkey
- 1½ tsp. Italian seasoning; or blend of oregano, basil and thyme
- ½ tsp. crushed fennel seed
- 2 cloves garlic, minced

Preheat oven to 450°.

Mix together turkey, Italian seasoning, fennel seed and garlic. Divide into 12 portions. Shape into patties.

Completely wrap each egg in a turkey patty. Press edges together in seal. Dip wrapped egg in egg product. Roll in bread crumbs to coat completely.

Place eggs in ungreased 15-by-10-inch jellyroll pan.

Bake in preheated oven 30 minutes or until meat is thoroughly browned and cooked.

minutes. Remove to wire rack. Cool completely.

Frost with cream cheese frosting. To make carrot design on cupcakes, place jelly beans in carrot shape on each cupcake. Add green coconut for carrot top.

Makes 12 cupcakes.

EASTER MINI-CAKES

- 1 pkg. (10.75 oz.) frozen pound cake, thawed
- 2 cups confectioner's sugar
- 3 to 4 tbsp. milk
- Food coloring
- Flavored extract to taste
- 3 oz. gourmet jelly beans

Trim dark crust from top and sides of cake. Cut in

half horizontally. Using ¾-inch cookie cutter, cut 3 mini-cakes from each half of cake. Place on wire rack over large bowl.

In another large bowl, stir confectioner's sugar and milk until smooth. Tint with food coloring and flavor by the drop as desired.

Spoon icing over cakes, letting excess drip into bowl. Spoon excess icing over cakes, too. Decorate with jelly beans. Refrigerate about 20 minutes until icing is set.

Place mini-cakes in Easter paper baking cups. Wrap in colored plastic wrap.

Makes 6 mini-cakes.

Flavored Icing: For lemon, use yellow food coloring and lemon extract, or lemon-flavored confectioner's sugar by itself. For mint, use green food coloring and mint extract. For cherry, use red food color-

ing and cherry extract. For orange, use red and yellow food colorings and orange extract. For strawberry, use strawberry-flavored confectioner's sugar by itself.

PAINTED EASTER COOKIES

- 1 pkg. (20 oz.) confectioner's sugar cookie dough
- 1 cup white confectionery coating pieces or 6 oz. waxed candy coating
- ½ cup each pink, yellow, green, violet confectionery coating pieces

Bake sugar cookies according to package directions. Cool on wire rack. Line cookie sheet with

waxed paper. In small bowl, melt white coating following package directions.

One at a time, dip top of cookies in coating. Shake off excess. Place on cookie sheet lined with waxed paper. Refrigerate about 10 minutes until coating is set.

In separate small bowls, melt remaining coating pieces according to directions. Use the following techniques for painting coated cookies.

Wrap several cookies in colored plastic wrap. Place in baskets.

Makes about 24 cookies.

Sponge Painting: Dip clean dry sponge in one of the colors of melted coating. Dab on sheet of waxed paper to remove excess. Lightly dab top of cookies with sponge. Repeat with 1 or 2 other colors.

Today's Food

Set ham on Easter table with fresh food outlook

While family traditions meal-vary from brunch to formal dinner on Easter, the smoky country flavor of a bone-in ham brings old-fashioned elegance to any celebration.

Some people carve for tradition, while others fill plates quickly and easily with pre-sliced ham.

Either way, ham offers a base that can be individualized. The mild, appealing flavor of ham blends with the sweet tastes of honey, molasses and fresh or dried fruit, as well as savory flavors like herb and seasoning blends.

When serving bone-in ham, plan on two to three servings per pound. Boneless ham yields four to five servings per pound.

Most hams are fully cooked; the label will say so. Preparation involves three simple steps: Unwrap, heat it to an internal temperature of 140° and serve. Just follow directions on the label, and heat in a moderate (325° to 350°) oven.

Ham labeled "cook before eating" should be roasted to an internal temperature of 160°. A meat thermometer can determine doneness. Plan on cooking uncooked ham 30 minutes per pound.

A holiday ham should be refrigerated within two hours of serving. Refrigerated leftovers can be enjoyed up to seven days. To spring into an entertaining meal easily, settle on side dishes that can be prepared early, so ham — they need only a gentle warming that day.

HAM WITH HONEY-APRICOT GLAZE

10 to 14 lb. fully-cooked ham, spiral-sliced if desired
1 cup honey
1 can (6 oz.) frozen orange juice concentrate, thawed
½ cup soy sauce
½ cup apricot jam
½ tsp. nutmeg
½ tsp. cloves

Preheat oven to 325°. In medium bowl, mix together honey, fruit concentrate, soy sauce, jam, nutmeg and cloves.

Place ham on rack in shallow roasting pan. Bake in preheated oven 30 minutes. Pour glaze over ham. Continue to bake a total of 1 to 1½ hours until ham is heated through.

Makes 4 servings; 154 calories, 22 g protein, 5 g fat, 1,136 mg sodium and 47 mg cholesterol each.

PEACH CHUTNEY

Coarsely chop 1 can (1 pound) sliced peaches in natural juices. In large saucepan, mix with ¾ cup cider vinegar, ½ cup brown sugar, ½ small onion (minced), 1 apple (peeled, cored, coarsely chopped), 1 teaspoon pickling spices and juice of ½ lemon. Simmer 20 minutes or until thickened slightly. Cool. Cover until serving.

Serve cold or at room temperature. Makes 2 cups, 24 calories per tablespoon.

TINY PEAS WITH MINT

In medium saucepan, melt 2 tablespoons butter over low heat. Gently cook 1 cup diced onion and 1½ teaspoons grated lemon zest, stirring occasionally, about 4 minutes until onion is soft.

Add 2 carton (10 ounces each) frozen tiny peas, thawed. Stir to combine completely. If desired, season with salt and pepper. Cook, stirring, about 5 minutes until peas are heated through.

Stir in 1 tablespoon chopped fresh mint. Serve immediately.

Makes 8 servings; 88 calories, 3 g fat, 109 mg sodium and 8 mg cholesterol each.

SPINACH-STRAWBERRY SALAD

8 cups fresh spinach leaves, stems removed, washed
1 pt. strawberries, hulled, washed, sliced
¼ cup sliced almonds, toasted
4 tbsp. olive oil
4 tbsp. raspberry vinegar
1 tsp. Dijon mustard
Pinch nutmeg
Freshly ground pepper to taste

Tear dry spinach leaves in bite-size pieces. In serving bowl, toss with strawberries and almonds. In small dish, whisk together vinegar, mustard, nutmeg and pepper. Toss with dressing. Serve immediately.

Makes 8 servings; 102 calories, 9 g fat and 53 mg sodium each.



Bring traditional elegance to the Easter table with the smoky, country flavor of spiral-sliced ham with honey-apricot glaze. Serve with peach chutney, biscuits, spinach-strawberry salad, tiny peas with mint, and gingered carrots.

RATATOUILLE

To fix a meal that says "summer" any time of year, include fresh vegetables.

In skillet, combine 3 cups cubed eggplant, 2 cups sliced zucchini, 1 green pepper and 1 onion, both chopped, and 1 clove garlic, minced. Add ½ teaspoon salt or sea salt, if desired. Add ¼ cup olive oil. Sauté over medium heat 5 minutes.

Add 2 tablespoons chopped fresh parsley and 2 tomatoes, chopped. Cook, covered, over low heat 15 minutes.

Look for the Venture circular in today's Journal.

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Recipe

WILD RICE STUFFING

1 cup finely chopped onion
¾ cup finely chopped celery
1 tbsp. finely chopped garlic
Salt and freshly ground pepper to taste
2 tbsp. unsalted butter or margarine
2 cups cooked chopped fresh spinach, or 1 pkg. (10 oz.) frozen chopped spinach, thawed, drained
1 cup cooked pearl onions or 1 pkg. (8 oz.) frozen pearl onions, thawed, drained
2 cups cooked wild rice
2 cups cooked white rice
½ cup toasted chopped pecans
1 tsp. minced fresh or 1 tsp. dried rosemary
1 tsp. minced fresh or 1 tsp. dried thyme, crumbled

In skillet over moderate heat, sauté onion, celery and garlic in butter, stirring occasionally, 5 minutes or until vegetables are softened. Add salt and pepper.

In large bowl, combine celery mixture with spinach, pearl onions, rice, pecans, rosemary and thyme. Season as desired with salt and pepper.

Stuff whole turkey and bake immediately. Extra stuffing mixture can be placed in buttered baking dish and baked alongside turkey the last 45 minutes.

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Today's Food

Micro Raves

By SANDRA HOUNSOM

Easter bunny fills nest with microwave treats

Easter baskets usually overflow with candy, homemade or purchased from a store.

Years ago people would hide real hard-cooked eggs for little ones to find, sometimes for prizes. Now we realize hard-cooked eggs can pose a health threat if held at room temperature too long. Plastic eggs with candy or prizes inside are now the "egg" of choice.

As happens with most food items in today's supermarket, the price of candy to put in the basket has gone up while the size of the package has gone down.

Today's cook can be creative with a microwave oven and make homemade treats for the Easter basket. There is nothing homemade-looking about the results either, because the task is easy and rewarding.

White or pastel-colored candy coating blocks and/or wafers can be bought wherever cake decorating supplies are sold. If a supermarket does not carry them, vanilla baking chips can be used when stabilized with a small amount of shortening.

Place 1½ pounds candy coating (or one 12 ounce package vanilla chips plus 1 tablespoon shortening) in

a 2-quart microwave-safe casserole. Microwave on medium (50 percent) power 4 to 6 minutes, stirring every 2 minutes. Chips or wafer pieces do not appear melted until stirred. They are easily scorched, so stir often because it is the only way to confirm the point when they are melted. Start checking at the minimum amount of time.

When mixture can be stirred smooth, fold in 2 cups jelly beans. Pour immediately onto waxed

paper, spreading to ¼- to ½-inch thickness. Let set or chill. Break into pieces. Store in cool, dry place.

For the preschool set, nest jelly beans in easy marshmallow and cereal treats.

In a 3-quart casserole, melt ½ cup butter or margarine (1 stick) on high power 30 to 45 seconds.

Meanwhile, crush 3 large shredded wheat biscuits. When butter is melted, stir in 1 package (10 ounces) marshmallows. Micro-

wave 1 to 2 minutes until melted and marshmallows can be stirred smooth. Stir in crushed wheat cereal. When mixture is cool enough to handle, shape about ¼ cup into a nest, making an indentation in the center. Place on waxed paper. Let them set.

Add mini jelly beans to the nest, for "eggs" in the nest. Wrap in plastic wrap before adding to an Easter basket. Makes up to 8 nests, depending upon size of each.

To make chocolate nests, use 1¼ pounds chocolate-flavored wafer candy coating either semisweet or milk chocolate, and stir in 2 cups dry Chinese noodles. Shape into nests and add jelly beans, as above.

Home economist Sandra Hounsom specializes in microwave cooking.

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- Winning posters will be featured in the Suburban Journals.
- Winners will appear on KPLR-TV's St. Louis 11 Kids Club in June.
- All posters will be displayed at the Humane Society of Missouri's BARK in the PARK on June 9, 1996 at Quenny Park.

Contest Rules:

1. Posters must feature at least one animal and must be the original work of the entrant.
2. Posters must be 8 1/2" x 11" on a white sheet of paper.
3. The medium must be limited to paint, watercolors, crayons, colored pencils, markers or any combination of the previously mentioned. No glitter, fluorescent colors, 3-D components, or computerized layout, design and printing can be used.
4. Participants may enter as many times as they wish. Each entry must be accompanied by a completed entry form and the entrant may only win once.
5. Entries must be postmarked by May 11, 1996 or dropped off at the Humane Society of Missouri (1210 Mackland Avenue) by 5:00 p.m. on May 11, 1996.
6. All entries become the property of the Humane Society of Missouri which reserves the right to reproduce, publish or exhibit posters. Posters will be available for pick up at the Humane Society of Missouri's BARK in the PARK from 11:00 a.m. - 4:00 p.m. at Quenny Park on June 9, 1996. No posters will be returned by mail.
7. One winner in each age category (ages 5-7, 8-11, 12-14) will be chosen in each of the seven Suburban Journal publication zones, for a total of twenty-seven (27) winners. By entering the contest, winners consent to having their posters displayed at the Humane Society of Missouri and at BARK in the PARK, and also used for other promotional purposes, as well as having their entries reproduced without compensation on note cards and T-shirts to be sold by the Humane Society of Missouri.
8. Employees, and families of the Humane Society of Missouri, Suburban Journals, Frank's Nursery & Crafts, and KPLR-TV's St. Louis 11 Kids Club are not eligible to enter this contest.
9. Contest winners will be notified by Monday, May 20, 1996.

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Recipe

PEACHY BANANA CREAM PIE FOR A CROWD

- 4 cups (1 lb.) finely crushed gingersnap cookies
- 1 cup (2 sticks) butter or margarine, melted
- 2 cups sugar
- 1½ cups flour
- 9 cups milk
- 6 eggs, beaten
- 1 tsp. vanilla
- 6 tbsp. butter or margarine
- 9 medium, ripe bananas, peeled
- Lemon juice
- 1 cup peach preserves, warmed

Combine gingersnaps and melted butter. Press into three 9-inch pie plates.

In saucepan, combine sugar and flour. Stir in milk. Over medium heat, cook and stir until mixture boils. Cook 2 minutes more.

Stir some hot mixture into beaten eggs. Pour into hot mixture. Cook 2 minutes longer. Stir in vanilla and 6 tablespoons butter.

Cool. In each gingersnap crust, layer 1½ cups cream filling with 2 sliced bananas.

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FEELING FIT
By Mark Lymboropoulos

Exercise really does keep the body "young." In a NASA study, researchers found that a decline in oxygen uptake during exercise (VO2max) expected to get worse with age - could be slowed with exercise and weight control.

Outstretch and stretch stretch. Good after a workout. Lie on your back with the right leg bent, foot on the floor. Rest left ankle on right knee. Hold right thigh and pull it gently to the body, hold 30 seconds and repeat, stretching a bit more. Then do the left leg.

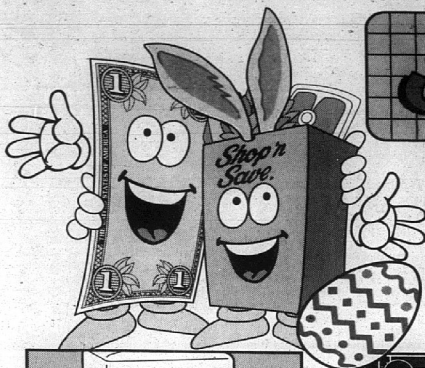
Old-fashioned soft sneakers may be fashion's darling these days - even for evening wear - but don't try to use them for sports activities, no matter how comfortable they are. There isn't enough support.

Sports injury? Remember RICE - Rest the injured part, apply ice, use Compression (an Ace bandage, perhaps) and Elevate the injured part above heart level. Wait at least 48 hours before applying heat.

Working out on an exercise bike can offer the same aerobic benefits as swimming or running if you get in at least three 20-minute sessions a week. In time, the workouts should get longer and more difficult with increased resistance on the flywheel.

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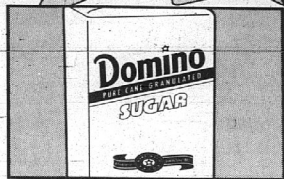
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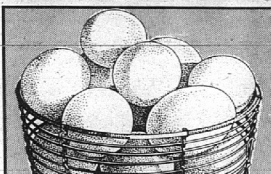
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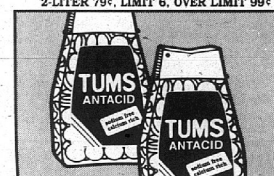
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2.99

26-OZ. PKG.

ASSORTED VARIETIES
Welch's Frozen Juice.....

89¢

11.5-12 OZ. PKG.

ASSORTED VARIETIES
Tropicana Pure Premium Juice.....

2/\$4

64-OZ. CTN.

ASSORTED VARIETIES
Dean's Dips.....

99¢

16-OZ. PKG.

SELECTED
CREAM SOUPS
Campbell's Soup.....

3/1.95

10.75-OZ. CAN

ASSORTED VARIETIES
Heifetz Stix Pickles.....

2/\$3

24-OZ. JAR

ASSORTED VARIETIES
Dole Pineapple.....

79¢

15.25-20 OZ. CAN

OUR LOW SALE PRICE \$5.99
Charmin Bath Tissue...

4.74

24 PK.

AFTER \$1.25 MAIL-IN REBATE AVAILABLE IN-STORE

VO5 Shampoo or Conditioner.....

5/\$4

15-OZ. BTL.

BITE SIZE MINI WHEAT
Kellogg's Cereal.....

2/\$4

19-OZ. BOX

PITTED
Mario Large Olives.....

89¢

6-OZ. CAN

STUFFED MANZINELLA
Mario Olives...

89¢

5.75-OZ. BUCKET

ASSORTED VARIETIES
Keebler Pie Crusts.....

89¢

6-OZ. PKG.

IN OIL OR WATER
Star Kist Chunk Light Tuna.....

2/\$1

6-OZ. CAN

HAMBURGER OR
HOT DOG
Shop 'n Save Buns.....

79¢

8-12 CT. PKG.

SELECTED VARIETIES
Entenmann's Cakes.....

1.75

14-26 OZ. PKG.

ASSORTED VARIETIES
Ronnoco Coffee.....

5.49

12-OZ. BAG

ASSORTED VARIETIES
Ronnoco Trial Size Coffee.....

2/1.25

2-OZ. PKG.

LIQUID
Era Laundry Detergent.....

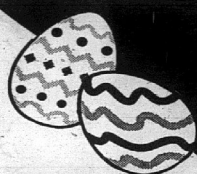
3.99

100-OZ. JUG

04031B

ALL
MANUFACTURER'S
PRE-PRICED
PRODUCTS
DISCOUNTED
UP TO
**20%
EVERYDAY!**



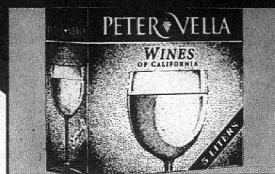


Shop 'n Save Liquor Dept. VALUES!



REGULAR, LIGHT, ICE OR DRY
Keystone Beer

749
24-PACK
12-OZ. CANS



OUR LOW SALE PRICE \$6.99
ALL VARIETIES
Peter Vella Wine

399
5-LTR. BOX

Liquor Prices Good at Illinois Stores Only. Some items not available at all stores.

REGULAR, LIGHT,
DRY OR AMBER BOCK
**Michelob
Beer**

2/\$7
6-PK. N/R BTL.

REG., LIGHT OR ICE
**Budweiser
Beer**

1297
24/12-OZ. CANS

**Old Milwaukee
N.A.**

439
12/12-OZ. CANS

REGULAR OR LIGHT
**Hamm's
Beer**

399
12/12-OZ. CANS

REGULAR, LIGHT OR ICE
**Milwaukee's Best
Beer**

199
6/12-OZ. CANS

**Bagged
Ice**

69¢
9-LB. BAG

**T.G.I. Friday's
Frozen Cocktails**

949
1.75-LTR. BTL.

**Seagram's
7-Crown**

1249
1.75-LTR. BTL.

WHITE OR GOLD
**Ron Rico
Rum**

1149
1.75-LTR. BTL.

**Smirnoff
Vodka**

1299
1.75-LTR. BTL.

REGULAR OR SPICY
**Mr. & Mrs. T
Bloody Mary Mix**

3/699
32-OZ. BTL.

CONCORD, BLACKBERRY
OR CHERRY
**Mogen David
Wine**

3/699
750-ML. BTL.

REGULAR OR CREAMS
**Manischewitz
Wine**

2/\$5
750-ML. BTL.

SELECTED VARIETIES
**Paul Masson
Wine**

2/\$5
1-LTR. CARAFE

**Tosti
Asti**

699
750-ML. BTL.

OUR LOW SALE PRICE \$5.99
**Livingston
Cellars Wine**

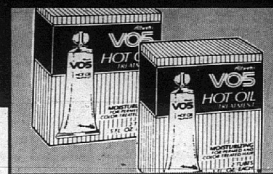
399
3-LTR. BTL.

NON ALCOHOL
**St. Julian
Wines**

299
750-ML. BTL.

Please-Drink Responsibly
Don't Drink & Drive

Shop 'n Save Health & Beauty VALUES!



**VO5 Hot Oil
Treatment**

199
2-COUNT
PACKAGE



**Colgate
Toothpaste**

239
8.1-9 OZ.
PKG.

**VO5
Hairspray**

2/\$3
10-OZ. BTL.

FOOTCARE
**Dr. Scholl's
Products**

25% OFF

ASSORTED VARIETIES
**Secret, Old Spice
or Sure Deodorant**

139
1.7-2.25 OZ.

OUR LOW SALE PRICE \$1.99

**Reach
Toothbrush**

99¢
EACH

AFTER \$1.00 OFF COUPON IN-STORE
REGULAR OR WOMEN'S
**Gillette
Sensor Razor**

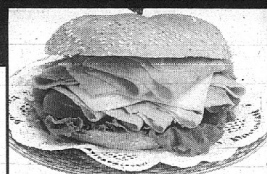
379

GELTAB OR GELCAP
**Tylenol Extra
Strength**

449
50-CT. PKG.

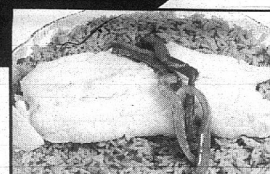
Bakery, Seafood & Deli VALUES!

Deli,
Bakery
& Seafood
not available
at all stores



**Eckrich Virginia
Baked Ham**

399
lb.



**Orange Roughy
Fillets**

499
lb.

99% FAT FREE
**Jennie-O Turkey
Breast**

299
lb.

ITALIAN BEEF, CORNED
BEEF, PASTRAMI OR
Swift
Roast Beef

399
lb.

AMERICAN OR MUSTARD
**Mickelberry
Potato Salad**

99¢
lb.

**Whole
Whiting**

139
lb.

**Mickelberry
Crab Dip**

399
lb.

VARIETY
**Fresh Baked
Dinner Rolls**

169
12-CT. PKG.

**Fresh Baked
Rye Bread**

99¢
16-OZ. LOAF

8 INCH SINGLE LAYER
**Easter
Decorated Cake**

299

Shop 'n Save Photo Processing

DOUBLE PRINTS-ANY SIZE ROLL
UP TO 24-EXPOSURE



299

3 1/2 inch prints
original color print film
C 41 process
36-EXP. JUST 3.99

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Sports Replay

For St. Louis Youth

Donate new and used sports equipment to area needy children. Collection barrels at all Shop 'n Save Stores
Sponsored by

Suburban Journals

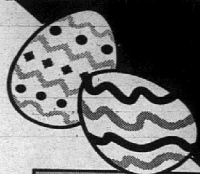


TRISH BROWN'S SEVERE WEATHER SAFETY GUIDE

FREE
ONLY AT SHOP 'N SAVE!
WHILE SUPPLY LASTS

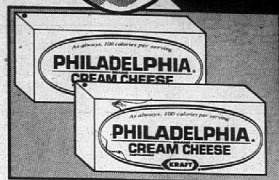
4
THE VISION OF ST. LOUIS
Trish Brown
Chief Meteorologist





Easter Values

STOCK UP AND SAVE



REGULAR OR LIGHT
**Kraft Philly
Cream Cheese**

77¢
8-OZ. BRICK



ASSORTED VARIETIES
**Kraft Shredded
Cheese**

139
8-OZ. PKG.



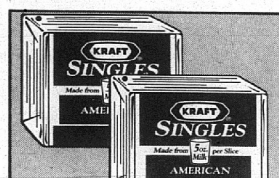
REGULAR, LIGHT OR FREE
**Kraft Miracle
Whip Dressing**

169
32-OZ. JAR
LIMIT 2



FAC, FRENCH ROAST OR LITE
**Maxwell House
Coffee**

399
24-26 OZ. CAN



PRE-PRICED \$1.99
**Kraft American
Singles**

149
12-OZ. PKG.



**Post Grape-Nuts
Cereal**

2/\$4
24-OZ. BOX



ASSORTED VARIETIES
**Kraft
Salad Dressings**

2/\$3
16-OZ. BTL.



ASSORTED VARIETIES
**Kraft Macaroni
& Cheese**

2/\$1
7-7.3 OZ. PKG.

14 OZ. KRAFT DELUXE MAC. & CHEESE 2/\$3



ASSORTED VARIETIES
**Jell-O
Pudding**

2/\$1
8-3.4 OZ. BOX



ASSORTED VARIETIES
Minute Rice

99¢
14-OZ. BOX



PRE-PRICE \$2.39
ASSORTED VARIETIES
Kraft Mayonnaise

169
32-OZ. JAR



ASSORTED VARIETIES
**Velveeta Shells
& Cheese**

2/\$3
9.4-12 OZ. PKG.

ASSORTED VARIETIES
**Kraft Chunk
Cheese.....**

139
8-OZ. PKG.

ASSORTED VARIETIES
**Jell-O
Gelatin.....**

3/\$1
3-3 OZ. BOX

JET PUFF OR MINIATURE
**Kraft
Marshmallows...**

69¢
10-OZ. PKG.

**Oscar Mayer
Bacon Bits.....**

119
8-OZ. PKG.

PRE-PRICED \$3.99
**Kraft Velveeta
Cheese.....**

379
2-LB. LOAF

**Post Blueberry
Morning Cereal..**

2/\$4
13.5-OZ. BOX

**Post Honeycomb
Cereal.....**

3/\$5
10-OZ. BOX

**Kraft Grated
Parmesan.....**

299
8-OZ. CAN

STAGGER PACK
**Kraft American
Cheese.....**

599
3-LB. PKG.



All Easter Cards
DISCOUNTED

20%

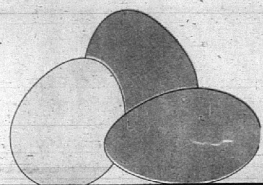
FROM MANUFACTURER'S MARKED PRE-PRICE



Beautiful 6-inch
Easter Lily

598
EACH

6-INCH MUM \$5.98 4-INCH VIOLETS \$2.28



Total Value! FOR EASTER DINNER

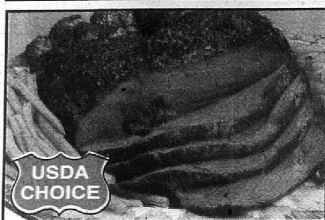
SLICED FREE!



WHOLE 10-12 LB. AVG.
**Mickelberry,
Kretschmar, or Field
Boneless Ham**

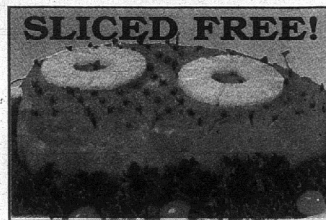
119 lb.

LIMIT 1 BONELESS HAM, ANY VARIETY WITH \$25.00 ADDITIONAL PURCHASE EXCLUDING HAM, 24-PACK SODA, LIQUOR AND TOBACCO



USDA CHOICE
**Boneless Bottom
Round Roast**

189 lb.



SLICED FREE!

WHOLE, 6-8 LB. AVG.
**Maple River or Hunter
Boneless Ham**

79¢ lb.

LIMIT 1 BONELESS HAM, ANY VARIETY WITH \$25.00 ADDITIONAL PURCHASE EXCLUDING HAM, 24-PACK SODA, LIQUOR AND TOBACCO

ALL VARIETIES
**R.B. Rice
Pork Sausage.... 189**
1-LB. ROLL
**POTATO, MACARONI
OR COLE SLAW
Green Hill
Salads..... 2/\$4**
CTN.
**FISH STICKS
OR PORTIONS
Gortons Value
Pack Fish..... 299**
24.5-OZ. PKG.

ALL VARIETIES
**Buddig Wafer
Sliced Meats... 2/109**
2.5-OZ. PKG.
**PATTIES OR CHUNKS
Tyson Boneless
Chicken..... 2/\$5**
10.5-OZ. PKG.
**REDI-SERVE
On Cor Chicken
Fried Steaks..... 159**
1-LB. PKG.

**FRESH LITE
Field
Ham Sausage.... 139**
1-LB. ROLL
**REGULAR, LITE OR POLSKA
Hillshire Smoked
Sausage..... 199**
lb.
**CHUNK
Kahns
Braunschweiger.. 159**
1-LB. PKG.

19-22 LB. AVG.
**Cook's Whole
Bone-In Ham.... 79¢** lb.
**CHOPPED HAM OR
Oscar Mayer
Ham & Cheese.... 2/\$4**
1-LB. PKG.
**LINKS
Oscar Mayer
Pork Sausage.... 279** lb.



CALIFORNIA

Sweet-Ripe Strawberries

**HALF
FLAT**

**EQUAL TO
6 PINTS**

388

LIMIT 2

LOUISIANA
Yams..... 43¢ lb.
MEDIUM
**Yellow
Onions..... 98¢** 3-LB. BAG
CALIFORNIA
**Green
Onions..... 3/98** BUNCHES

U.S. NO 1
**Baker
Potatoes..... 58¢** lb.
CALIFORNIA
Lemons..... 3/98
**The Finest Quality
& Selection!**



**Dole Classic
Salad Blend**

198 3 POUND BAG

WASHINGTON STATE
EXTRA FANCY
**Red or Golden
Delicious Apples 78¢** lb.
NORTHWEST
**Anjou
Pears..... 78¢** lb.
REGENCY
**Strawberry
Glaze..... 78¢** 16-OZ. POUCH



**Try These
Exotic Varieties!**

NOT AVAILABLE AT ALL STORES

12-LB. MONTHLY
Chunk Pineapple 198 12-LB. MONTHLY
BASK, 46-COUNT
Avocados 78¢ EACH
MANN'S
Vegetable Medley 268
BASK
Bean Sprouts 78¢ lb.
FRESH
Sno-Peas 298 lb.
FRESH
Bunch Carrots 78¢ BUNCH



Shop 'n Save
The more you shop the more you save. SM

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Monday - Friday
Closed
Saturday & Sunday

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\$3,000 OFF ALL 95 CAMAROS

**HUGE SAVINGS ON ALL 1995
TIARA CONVERSION VANS IN STOCK!**



1-TON DUALYS



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HAMLIN**

Geo **HAMLIN** Chevrolet

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YOUR COACHMAN/WILDERNESS DEALER

Spring Sell Down!!!

96 IMPREZA

All Wheel Drive
A/C, Dual Air Bags,
Stereo & Much More.
STK. #625

ONLY \$12,759

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All Wheel Drive
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Pill, Cass. & Much More.
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ONLY \$16,686

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All Wheel Drive
Auto, A/C, Dual Air Bags,
Stereo, R. Rack & Much More.
STK. #621

ONLY \$15,999

96 IMPREZA 4-DR.

All Wheel Drive
A/C, Dual Air Bags,
P/W Pill, Stereo & More.
STK. #645

ONLY \$13,999

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HWY. 367 & 270
1/2 MI. N. of I-270 **355-6165**

2 BUICK

1995 BUICK CENTURY, 10 to
20000 miles, starting from
\$10,995. Call 877-7700.

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\$6,995

We Finance Almost Any
Car. 715 Main St. #107

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'92 Estate Station
Wagon. Loaded
With Equipment In-
cluding, 3 Rows Of
Seats. Sale Price
Only \$12,900.

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BELLEVILLE
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4 CADILLAC

1995 BUICK REGAL, 4 door,
3800 engine, wheels,
Real nice! \$7,995. Phone 344
0721.

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'87 SEDAN DEVILLE, one
owner, all power, very clean
with leather interior. 346-9235.

CADILLAC

'84 Concours And Sedan
DeVilles. Sealed To Choose
From. All are One Owner
Trade-ins. We Sold Most Of
Them New And Serviced
Them Regularly in our Shop.
Priced At Low As \$18,900.
Stock #187P.

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1985 Cadillac Eldorado
All New Leather Interio.
New Tires, Body
New Motor Still Under Warranty
Recent Damage Done by
Have All Receipts \$19,500.
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'84 Eldorado Touring Coupe.
Full Power, Air, Leather, Security
System, Etc. Locally Driven
Since New And Has Low
Mileage. Balance Of M. Months
15,000 Miles Bumper To
Bumper. No Deductible New
Car Warranty. A Beauty.

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'92 Sedan DeVille.
Roadster Top.
Power, Air, Leather,
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Covers, And Much
More. A Lady Driven Car
Since New And Is In Ex-
cellent Condition.

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1040 W. MAIN
BELLEVILLE
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Fast Results.**

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SATURN

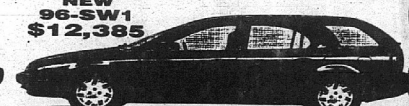
**NEW
96-SC1
\$12,585**



**NEW
96-SL1
\$11,785**



**NEW
96-SW1
\$12,385**



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**USED CARS
FROM SATURN!**

- 1) 3 Day Money Back Guarantee
- 2) 30 Day Exchange
- 3) 90 Day 3,000 Mile Warranty-Most Cars
- 4) 1 Year 12,000 Mile Warranty On Certified Saturns-No Charge
- 5) Oil Change Club Member at no charge All New & Used Cars
- 6) Service Open Nights & Saturdays Always
- 7) Three location/Three New & Used Inventories

92 DODGE SHADOW
Blue, 51,000 Miles, Shadow America
Base 4 Cyl. Stk. #950341A
\$5,650

95 DODGE INTREPID
Turk, 64,000 Miles, P/W, P/L, Center,
Cass. 6 Cyl. Auto. #950500A
\$13,500

94 JEEP CHEROKEE
Blue, 30,107 Miles, P/W, P/L, Center,
A/C 6 Cyl. Auto. #950503A
\$16,750

94 FORD EXPLORER XLT
4 door, Auto, A/C,
Anti-Lock Brakes, #950776A
\$16,950

93 DODGE DAKOTA SPORT
Ext. Cab, Camper Shell, V6,
Nice Truck #1195P
JUST ARRIVED!

94 OLDS DELTA 86
Power Windows, Locks, Cruise,
ABS, automatic, #9501
\$11,950

91 CHEVY CAPRICE
White, 51,642 Miles, Cam Equip,
Cass. 6 Cyl. Auto. #950594M
\$8,450

95 PONTIAC GRAND AM
White, 11,000 Miles, Power Equip,
Cass. 6 Cyl. Auto. #1095P
\$13,750

93 SATURN SL1M
M. Red, 8,100 Miles, Cass. 4 Cyl. Auto. #1095P
\$8,850

93 TOYOTA CAMRY LE
Auto, A/C, Power Windows, Locks,
Cruise #1137P
\$13,500

92 CHRYSLER IMPERIAL
Power Windows, Locks, Cruise,
Automatic, A/C, #1134P
\$10,500

94 MERCURY COUGAR
Power Windows, Locks, Cruise, Leather,
#1134P
\$13,650

91 BUICK REGAL
M. Red, 12,000 Miles, Power Equip,
Cass. 6 Cyl. Auto. #1095P
\$9,450

94 HYUNDAI EXCEL
Blue, 32,450 Miles, A/C, Cass.,
4 Cyl. Stk. #951618A
\$6,250

95 SATURN SC1M
Red, 13,000 Miles, A/C, Cass.,
4 Cyl. Stk. #1137P
\$13,250

95 HONDA ACCORD
Auto, A/C, Power Windows, Locks,
Cruise #1137P
\$15,850

92 PONTIAC BONNEVILLE SE
Power Windows, Locks, Cruise,
Auto, A/C, #1137P
\$10,350

95 OLDS CUTLASS SUPREME
4 Door, Auto, Chrome Wheels,
Power Windows, Locks, #1137P
\$13,750

95 FORD T-BIRD
Green, 46,000 Miles, Pwr. Locks, Roof,
Cass. 6 Cyl. Auto. #951618A
\$9,850

93 MAZDA MX3
Black, 44,000 Miles, P/W, P/L,
Cass. 4 Cyl. Auto. #950520
\$10,650

95 FORD WINDSTAR GL
A/C, Cass. Anti-Lock Brakes,
New P/W, #1137P
\$16,500

96 CHEVY LUMINA
Power Windows, Locks, Cruise Control,
Dual Air Bags, #1137P
SAVE!

94 OLDS CUTLASS SL
Cougar, Auto, Chrome Wheels,
Pwr. Windows, Locks, #1137P
\$11,750

88 OLDS FIRENZA
Auto, A/C, Locks,
Cifan Car #951091A
\$3,150



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


SATURN Of St. North County

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Ferguson, Mo.

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<p>13 CHRYSLER  1984 Dodge Comanche, White \$1000/LOADED 1984 Dodge Ram, 12mpg \$1000/LOADED</p>	<p>14 FORD  '84 MUSTANG Axel, V-6 23xxx CERT.MILES! 1984 Ford Mustang, 12mpg \$1000/LOADED</p>	<p>14 FORD  '88 TAURUS V-6 Perfection \$1000/LOADED 1988 Ford Taurus, 12mpg \$1000/LOADED</p>	<p>14 FORD  1991 RED MUSTANG GT, 5.0 1991 Ford Mustang, 12mpg \$1000/LOADED</p>	<p>20 LINCOLN  1988 Lincoln MKC, Black 1988 Lincoln MKC, 12mpg \$1000/LOADED</p>	<p>26 PONTIAC  1990 PONTIAC GRAND PRIZ, 2 1990 Pontiac Grand Priz, 12mpg \$1000/LOADED</p>	<p>30 SATURN  1990 SATURN SC, 12mpg \$1000/LOADED</p>
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Mature, attractive, hayseet W/M seeks a partner, enjoy B/F, age unimportant, for relationship. Serious. Reply on #15518 **15518**

Muscular SWM, 31, 5'11", 190 lbs. looking for relationship. Serious. Occurs live music. Seeking musical W/M. SWM depends, similar interests. **15549**

Music professional, SWM, youthful, middle years, seeks company of professional musician, serious and companionable. Christian live music. **15550**

Musician Single White Male, 28, seeks attractive White female, for relationship. **15551**

Native Californian, D/W, 31, 5'10", 158 lbs blonde/blue, enjoys dancing romance, live outdoors. Seeking relationship. **155401**

New to area, D/W/M, nonsmoker, 43, 5'10", 160 lbs, blonde/blue, serious. New Lady for fun times, concerts, dancing, ISO W/F. **15552**

New class to area SWM, 40s, brown/blue, above average looks, enjoys roller skating, ISO W/F. **15553**

Nice Guy D/W/M, 36, 5'2", 190 lbs, brown/blue, nonsmoker, romantic, ISO W/F. **15491** **15554**

Nice-looking D/W/M, 45s, smoker, 5'8", 160 lbs, brown/blue, serious. ISO D/W/M, 38-45s, weight proportionate, with potential for friendship, companionship. **15585**

North County only! If you were born sometime after 1941, are easy to look at, and are serious about dating, there are no baggage or encumbrances here. I am a professional, and I am available for company involved with a good-looking W/M/M, who is tall, 180 lbs, brown/blue, serious, and a successful owner. We should meet and talk. Reply on ad. **15591**

Nothing casual, forget potential flake. D/W/M, 35, serious, intelligent, D/W-C/M 40, ISO serious-minded, passionate, medium slender **15592**

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St. Charles County
owner, hardware
store, 1515 E. Main
St., St. Charles, Mo.
62076, 1501
Ques. #15516

St. Charles County
companion to wild
cat, #15517

St. Charles County
brown/brown, per
interests, seek
with SWF, #15518

St. Peters, WV
sincere, affectionate,
attractive lady,
ship, #15522

SWCM, 25, St.
and shifter, or
bicycling, dancing,
open-minded SV
brown, #15523

SWCM, 36,
brown, brown, #15524

SWCM, 37,
kind, working
#15516

SWCM, 37,
gentle, warm
Gentleman, SV
brown hair, must
be a good match
for relationship,
#15525

Wild SWCM, 23,
for fun, #15526

SWCM, 37,
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Introducing
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enjoys dining, 5'10", 160 lbs, SWCM, 50-80, for friendship, good morals, for friendship. **\$15325**

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